

## Ambulatory ECG monitoring

### Why is this test done?

We do this test to try to find out if your symptoms might be caused by your heart. The test is also used to monitor heart rhythm disorders that have already been diagnosed.

### How should I prepare for the test?

- Bring along a list of the medications you are using.

No special preparations are needed for the test. You will not be able to take a shower or a bath, or go to the sauna during the monitoring. Therefore, we recommend you to wash yourself before the monitoring. We also recommend wearing a loose-fitting top/shirt if you wish to cover the monitoring device as well as the adhesive electrodes and tape that will be attached to your upper chest.

### How is this test done?

You will need to undress above the waist. To begin the test, we will record a regular resting electrocardiogram (ECG) while you are lying down. Then you will sit up and we will prepare the skin on your chest to improve ECG contact. We will attach seven or ten adhesive electrode pads to your chest and connect the monitor leads to them. The monitor will be in a small carry bag.

You should try to live your everyday life as normally as possible during the monitoring.

When we set up the monitor, we will give you a **diary** and instructions for recording certain activities. Keeping the diary is an important part of the test. It helps us to find out if any abnormalities in your ECG are connected to specific activities or symptoms.

When we set up the monitor, we will tell you how to return it to the department.

Please keep in mind that you will have to pay for the monitor if you break it or lose it.

### How long will the test last?

It will take about 30 minutes to set up the monitor at your visit and give you instructions about the recording. You will be monitored for either 24 or 48 hours in your regular/home environment depending on the referring doctor's orders.

## **Where can I get the test results?**

The ward or clinic that is treating you will tell you about the test results.

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