

# Ambulatory Monitoring

Information for patients



## What is an Ambulatory ECG Monitor?

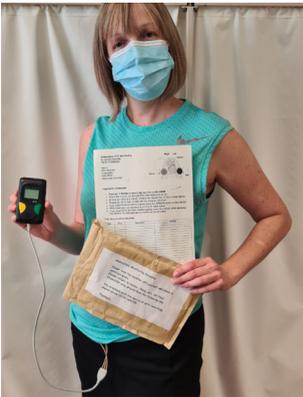
A small lightweight monitor which records the electrical activity of your heart for a specific period of time, depending on the request from the doctor and decision from the clinical team. You may be required to wear the monitor for 24, 48, 72 hours or seven days.



## Before you leave for your appointment:

Check the appointment date, time and where you are booked to have this fitted. There is an Ambulatory ECG department at St. James's Hospital (Chancellor Wing), Leeds General Infirmary (Jubilee Wing/Martin Wing), Wharfedale Hospital (Cardiology Department) and Seacroft Hospital (Outpatients).

## Who performs the test?



Both male and female Cardiographers fit monitors. Sometimes students will fit the monitor under supervision by senior staff. A chaperone can be provided on the day of the test if requested.

## What happens during the test?

The technician will call you into the room where the monitor will be fitted, confirm your details and gain your consent. You will be asked to undress to the waist and small sticky electrodes are placed onto your chest and cables from the monitor are connected. The fitting takes around 10 minutes in total.

You will need to return the monitor on the date and time stated on the appointment letter.

You will be shown a button to press when you have symptoms and you will be asked to complete a paper diary to record these events as well as the times you went to sleep or exercised. It is important that while you are wearing the monitor that you have as normal a day as possible.

### **When will you know the results?**

Please return the monitor on the date and time stated on the appointment letter.

The results will be analyzed and sent to the specialist who requested the test. They may write to you, ring you or give you the results at your next appointment.

Please note that your GP surgery is not automatically given results by our department - only when they have referred you for the test.

### **Need an interpreter?**

If English is not your spoken language, we will need you to let us know so we can book the appropriate interpreter. Please contact the department within 72 hours of your appointment to arrange.

### **Travelling by car or public transport?**

Patient transport is expensive and only an option for those who cannot travel due to a significantly limiting medical condition.

To contact transport please call 0300 330 2000 Please be ready up to two hours before your appointment.

## Need to change your appointment?

If you need to cancel or reschedule your appointment please contact the department giving two days' notice where possible. This will allow for us to allocate your appointment to another patient.

## Please contact the department on the following numbers:

**St. James's, Wharfedale, Chapel Allerton, Seacroft**

0113 206 5930 or 0113 206 4759

**Leeds General Infirmary**

0113 392 3306 (Available Monday - Friday 09:00-16:00)

If you fail to attend the appointment the referring specialist will be notified and they will decide if another referral is appropriate.



## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

**Your views matter**



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