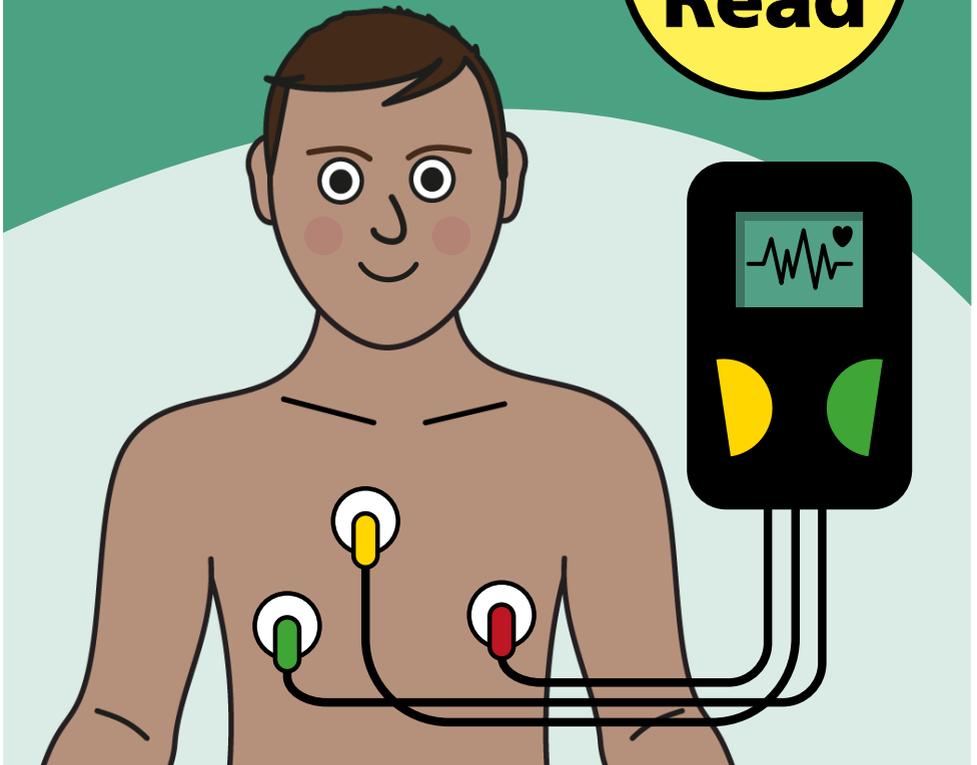


# 24 Hour ECG

Information for patients,  
carers and relatives



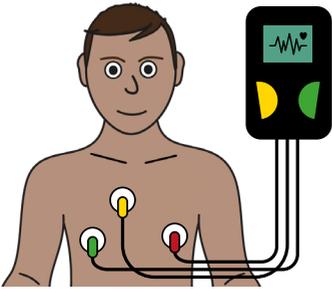
## easy read



This booklet uses easy words and pictures.

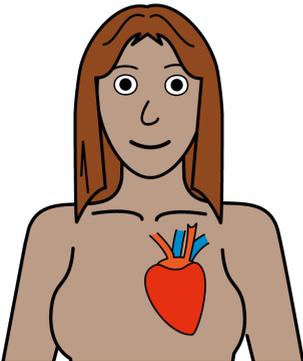
You might want to ask someone to help you read it.

## ECG



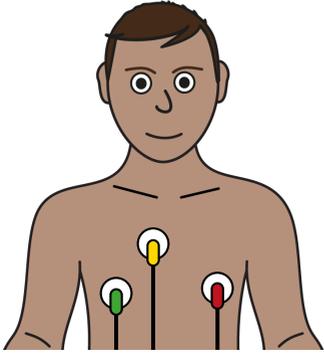
You are having a 24 hour ECG (electrocardiogram).

## heart

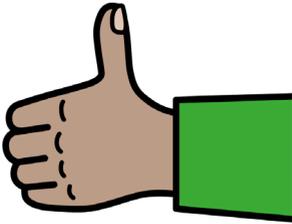


This is so the doctors can check how your heart is working.

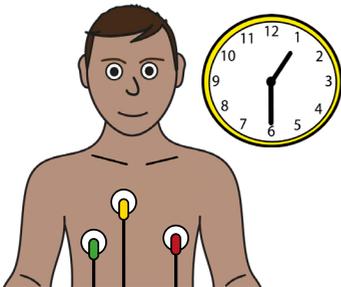
**stickers**



**no pain**



**keep  
stickers on**

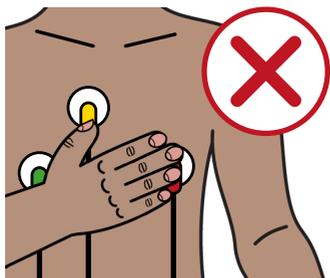


You will have some stickers placed on your chest.

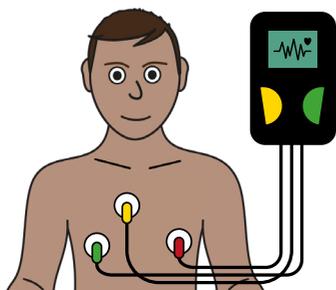
These will not hurt.

It is important you keep the stickers on all of the time.

**DO NOT touch**



**stickers and  
box**



**DO NOT touch**



Do not touch the stickers.

The stickers will have a wire which is attached to a box.

This box is a little machine that records the information.

Do not to play with the box, as it might break.

## fit in pocket



The box should fit into a pocket on your clothes.

## daily activities



You can still do your normal activities while wearing the ECG.

## sleep wearing ECG

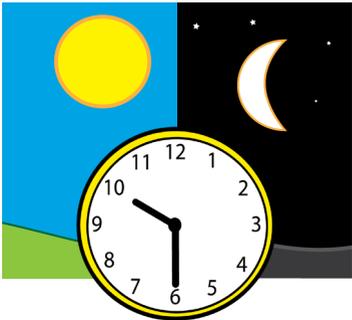


You can sleep while wearing the ECG.

**DO NOT bath,  
shower or  
swim**



**24 hours**



**keep a diary**



You cannot get the stickers, wires or box wet so do not shower, bath or swim while they are on.

The stickers, wires and box will stay in place for 24 hours.

This is the same as a whole day and night.

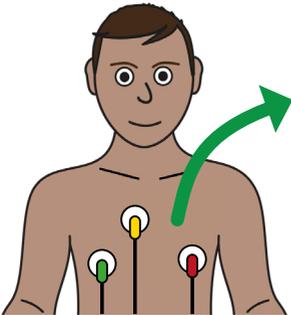
You need to keep a diary of what happens that day. Any symptoms you get and what time you get them.

## doctor



After 24 hours you will go back to see the doctor.

## take stickers off



You will be able to take the stickers off.

## information



The doctor will then look at the information on the box.

## next steps



The doctor will let you know what to do next.



**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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