

What is an Event Monitor?

The event monitor will capture the electrical activity of the heart. It is used to detect abnormal heart rhythms that may be occurring when you experience symptoms (such as shortness of breath, palpitations / irregular heart beats, dizziness, fainting etc.). Your heart rhythm will only be recorded when an event button is pressed while you are experiencing symptoms. The monitor is loaned to you for up to 7 days. You will be able to remove the monitor to shower and reattach it yourself at home.

How is the Event Monitor procedure done?

- A technician will explain how the monitor works and will show you how to attach the monitor. It will take approximately 15-20 minutes to attach the monitor and explain the procedure.
- Three adhesive electrodes will be applied to your chest according to a diagram provided. Three monitor leads will then be connected to these electrodes and the monitor placed in a pouch worn around the neck. The monitor will be programmed by the technician via a computer.
- You will be provided with instructions on how to activate recording when you experience symptoms.
- You will be required to return the monitor at a pre-arranged date or after enough information has been gathered.
- You should continue your usual activity whilst wearing the monitor.

How do I prepare for the test?

- Shower before attending. You will be unable to shower, bath, swim or perform any activity which may get the monitor wet.
- Do not use any lotions or powders on your chest area.
- Please wear a two piece outfit with a **loose** fitting shirt / top.

When will I receive my results?

The results of the test will not be available for **approximately 3 business days after the monitor is removed**. This is because the recordings need to be analysed by a technician, reported on by one of our Cardiologists and the report typed. The results will be sent to your referring doctor for discussion. *If you have an appointment with your doctor prior to this time, please advise reception staff and the technician who fits the monitor.*

What do I need to bring to my appointment?

- Your **referral** from your GP or referring specialist (if it is not already held by us).
- A list of your current medications and dosages
- Any previous x-rays or test results relating to your current condition