

24-hour / 48-hour ECG (Tape) Patient information

What is a 24-hour / 48-hour ECG and why would I need this?

An ECG (Electrocardiogram) is a way of continuously recording your heart rhythm and the heart's electrical activity. The heart monitor is sometimes also called an "ambulatory" heart monitor' or a "tape". This test can help diagnose various symptoms that do not happen very often or have not previously been picked up by a shorter ECG that may have been undertaken by either a GP or in an outpatient setting (heart tracing). The heart produces tiny electrical impulses which cause the heart muscle to contract. These impulses can be detected and recorded by this test.

Preparing for your test

No preparation is needed, please eat and drink normally and take all your medication as normal.

Who will be present?

The person who will attach the monitor will be either a Nurse or Health Care Assistant.

How long will it take?

It will take approximately 15 minutes to attach the Portable ECG Recorder

At your appointment

You will be asked to undress to the waist and be given a gown. Sticky patches are placed on your chest and attached by wires to a small tape recorder. Please tell us if you are allergic to Elastoplast. The tape recorder can be worn on a belt, clip around your waist, or around your neck. This will record your heart rhythm continuously. You will not be able to feel anything as this happens. You will be asked to keep a diary or an activity log while you are wearing the ECG recorder and make a note of any times you have symptoms as advised by the Nurse or Health Care Assistant.

Wearing the monitor

Keep to your normal routine and do any activity that would normally bring on your symptoms. You must avoid getting the recorder wet, so we will give you extra stickers so that you can have a bath or a shower. We will also show you how to remove and reattach the device.

Returning the device

The monitor must be returned after the reporting period. We ask that you remove the monitor yourself. It is very important that the device is returned to us within the agreed time frame (either 24 or 48hours) to enable us to consider the results of your recording and decide any future treatment. We have many patients waiting for these devices so returning the monitor on time is essential so another patient can receive treatment. You will need to return the monitor to us the following day as instructed. We ask that you remove the monitor yourself

How do I get my results?

Your results will be sent to the doctor who asked for the tests, who will review your results with you at your appointment or write to you.

Further questions

If you need to cancel, change your appointment or have any concerns/queries about your examination please contact 01342 414141.



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