

You have been referred to Ultracardiac for Ambulatory ECG Monitoring

What is it?

A Holter Monitor, also often called ambulatory ECG monitoring, is a small, portable device that sticks onto your chest for a period of time – anything from 24 hours to 7 days. This records your heart's rhythm and electrical activity for however long you are wearing it for, and the results are then analysed by an experienced cardiac analyst.

Why I am having this done?

There are many reasons as to why you may be referred for Ambulatory ECG Monitoring, such as to help diagnose arrhythmias (such as atrial fibrillation), help understand the cause of palpitations, or to help diagnose the cause of intermittent symptoms such as dizziness or shortness of breath.

What should I expect on the day?

When you arrive, you will need to undress your top half of clothing, and we will prepare your skin for the monitor to be fitted. This may mean wiping off any creams or shaving a small area on your chest. The monitor will be stuck on, and we will talk you through the pack that comes with the device. Your appointment will be led by one of our experienced cardiographers or cardiac physiologists, and should take around 15 minutes on the day.

Your Cardiographer may be male or female. You are welcome to bring a friend or relative as a chaperone for you, or a trained chaperone can be requested from the Ultracardiac Team. Please call us in advance of your appointment to arrange this.

What happens next?

At the end of your monitoring period, you will be able to remove the device easily yourself. You would have been given a prepaid envelope on the day of the appointment to allow you to post the monitor back to us. **This needs to be done at a Post Office where a postage receipt can be given to you.** We also ask that you call our office team on 01752 875665 to confirm once this has been done so we can keep an eye out for your device.

Once we receive the device back, the recording is downloaded from the device and will be sent for analysis with one of our experienced cardiac analysts. This process usually happens within a week of receiving your device back, so it is important that you post it back to us as soon as possible.

What happens with my results?

The analyst will produce a report which is then sent back to the doctor or hospital who referred you to Ultracardiac. This will happen as soon as the report is ready. Unfortunately we are not able to share reports directly back to patients who have been referred to us by a doctor or hospital. To discuss the results, you will need to contact them. We recommend waiting at least two weeks before chasing any results to allow time for the device to reach us in the post and for the analysis to be completed.

Please note - by attending this appointment we accept your implied consent for the test to be completed. If at any time during the test you feel uncomfortable, or wish to withdraw your consent, please make this known to the member of staff who will respect your wishes.

After your appointment is finished, we would be very grateful if you would take the time to leave us feedback on your experience with Ultracardiac. A member of staff will happily provide you with a paper feedback form if preferred, or we have a digital version at the following website address:

<https://tinyurl.com/Ultracardiac>

For information about how Ultracardiac handles your data, please visit our website where you will find our full privacy policy:

www.ultracardiac.co.uk