



HEART SCIENCES CENTER

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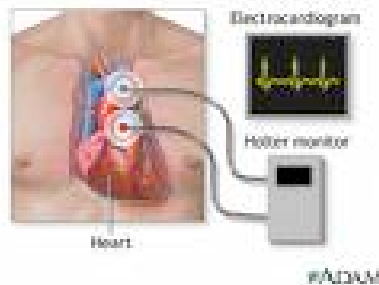
EVENT MONITORING

What is Event Monitoring?

An event monitor is a portable device that is worn by patients for 21 days to record the heart's electrical activity. By recording this electrical activity, your doctor can detect the presence of an irregular heart beat or abnormal heart rhythm and further recommend a course of treatment most appropriate for you.

Why do I need to have this procedure done?

To record your heart's electrical activity to determine if any irregular or abnormal heart rhythms may be contributing palpitations or symptoms you may be having.



How should I prepare for the procedure?

- There is no specific preparation for the event monitor.
- One of the clinic's technicians will place the monitor's three electrodes worn on your chest.
- The electrodes on your chest are connected to a small battery powered device by wires. The battery pack is worn at your waist by a clip or small carrying case that can be worn at your shoulder or around your neck.
- You can carry on your usual daily activity – eating, sleeping, working, exercising.
- Avoid getting the monitor and electrodes wet, but you can remove them to shower/bathe.
- Limit the use of small electrical devices (such as electric toothbrushes, razors, etc.) which may interfere with the monitor.
- In the event that you experience symptoms (chest pain, palpitations, dizziness or other symptoms you may have), you will need to call the phone number provided to you and hold the phone to the monitor to transmit the event.
- You can mail back the device after the 21 days is completed, in the provided pre-posted bag. We will review all the information saved on the monitor and will discuss the results with you on your next visit or contact you via phone.

Is there anything specific to do after the test?

- No special care is required after the test. You may return to your usual activity level and diet, immediately after the test is complete, unless the doctor has instructed you otherwise.
- Please return the monitor as soon as possible to the clinic office.

Please don't hesitate to call our office at (480) 612.0400 if you have any questions or concerns.