

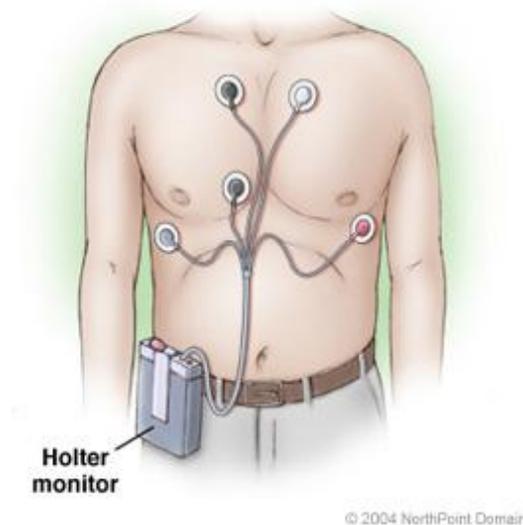
EVENT MONITORING

What is Event Monitoring?

An event monitor is a portable device that is worn by patients for twenty-one 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?

- Your doctor has recommended holter monitoring to record your heart's electrical activity to determine if any irregular or abnormal heart rhythms may be contributing to the 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 technicians will place the monitors – 3 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 a 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, and 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 twenty-one 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 level of diet and activity immediately after the test is completed, unless the doctor or nurse practitioner has instructed you differently.
- Please return the monitor as soon as possible to the clinic office.

Please do not hesitate to contact our office if you have any questions or concerns prior to your test.

Thank you!