

# Event monitoring



Event monitoring involves wearing a device that records your heartbeat when you get dizzy, have chest pains or palpitations, or black out.

## What do I have to do?

When you get dizzy or have pains:

- press the monitor button
- keep still during the monitoring
- write down your symptoms at each recording.

The monitor will make a long beeping noise to let you know the recording is finished.

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## What happens?

Small metal electrodes are attached to your chest. Wires connect these electrodes to a small monitor. You can hang the monitor around your neck or clip it on to a shirt pocket or waistband.

When you experience symptoms, you will need to press a button to start a recording.

It takes about 10 minutes to have the monitor explained to you and to set another date for it to be returned – usually one or two weeks later.

## What are the risks of event monitoring?

Wearing a cardiac event recorder has no risks and causes no pain. However, if you wear electrode patches, the adhesive might irritate your skin.

Any skin irritation disappears when the patches are removed.

## Key things to remember

When you return to the hospital to return the monitor, please remember to bring your record of your symptoms at each recording.

