

## Patient information

# Electrocardiogram (ECG) - ambulatory monitoring

### How to find us

We are located on the **first floor**; turn right out of the lift/at the top of the stairs, turn left at the end of the corridor and we are two thirds of the way down the corridor on your left-hand side.

### Opening hours

Monday	8:30 am to 5:00pm
Tuesday	8:30 am to 5:00pm
Wednesday	8:30 am to 5:00pm
Thursday	8:30 am to 5:00pm
Friday	8:30am to 4:30pm



### What to expect

An ambulatory ECG Monitor records the rhythm of your heart continuously throughout a set time period, usually around 24 hours.

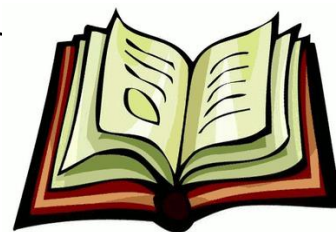
On the first appointment the monitor is fitted to you. This appointment takes about 10 to 15 minutes. You will be asked to remove your clothing above the waist (ladies may leave their bras on).



Three small stickers (electrodes) are attached to your chest and are connected to the monitor in order to record your heart rhythm.

It is important to carry out your regular daily activities whilst wearing the monitor in order to get a true recording over the time period, however the monitor needs to be kept dry and therefore you will not be able to shower or have a bath during the monitoring period. The monitor will also need to be worn overnight; advice will be given about the best way to sleep with the monitor at the time of fitting.

You will be asked to keep a diary and record any symptoms you experience whilst wearing the monitor, and identify the activity you were doing at this time.



The following day, the monitor is removed and the data is analysed. This analysis evaluates your heart rate and rhythm during the recording period.

## What happens after your test?

All results and relevant information will be forwarded to the referring doctor who will contact you in reference to these results.

If you have not heard anything within **2 - 3 weeks** of your test, then please contact your GP or referring doctor.

## Contact us

There are many ways that you can contact us:

By post: Diagnostic Cardiology, West Suffolk Hospital,  
Hardwick Lane, Bury St. Edmunds, Suffolk, IP33  
2QZ

By phone: Main hospital: 01284 713000

Cardiology Department: 01284 712536

By email: [cardiologydiagnosticsdept@wsh.nhs.uk](mailto:cardiologydiagnosticsdept@wsh.nhs.uk).



*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)*

*<https://www.accessable.co.uk>*

