

Knowing your heart rhythm

Further information and frequently asked questions

Should I contact the hospital or my GP?

No. Neither the hospital nor your GP will be able to help with enquiries about this heart rhythm check.

For further information and guidance on using FibrCheck, go to <https://help.fibrcheck.com/hc/en-us/categories/360001291000-FAQ> or <https://youtu.be/5bQCVWG-t7I>

If you need support to use FibrCheck, please email the support team at info@fibrcheck.com

A range of useful resources and information about AF are available online at www.heartrhythmalliance.org/afa/uk/atrial-fibrillation or www.heartrhythmalliance.org/afa/uk/patient-resources

You can also contact the AF Association for general advice by emailing info@afa.org.uk or calling 01789 867502.

What should I do if I feel unwell?

If you become unwell you should contact your GP or seek emergency care in the usual way.

What if I don't have a smart mobile phone?

As this is digital pilot you can only take part if you have access to a compatible smartphone* or smartwatch with mobile data or internet connectivity.

FibrCheck does not support measurements taken by a tablet because it cannot guarantee the quality of these measurements.

* If you can find the FibrCheck app in the Apple App Store or Google Play Store on your smartphone, this means the app is compatible with your phone. If you cannot find the FibrCheck app, your smartphone is not compatible. You are welcome to use a compatible smart phone belonging to a family member or friend where appropriate.

Heart rhythm check results

At the end of your FibrCheck monitoring, you will be emailed an access-protected link to a comprehensive report detailing your results, along with educational information and measurement statistics. You can find this report in the FibrCheck app within the 'report' section. This report will also be shared with the clinical team at West Suffolk Hospital or Ipswich Hospital to help inform any clinical decision making.

You will be able to see from your report if your results are normal. If so, no further action or follow up from the hospital will be needed.

If your report shows that an abnormal heart rhythm has been detected, the nurse or doctor will decide if further investigation is required. You will be sent a letter confirming this along with a wearable electrocardiogram*) called a Zio XT Patch, with clear instructions on how to use this.

* An electrocardiogram (ECG) is a simple test that can be used to check your heart's rhythm and electrical activity. Sensors attached to the skin are used to detect the electrical signals produced by your heart each time it beats.

Access to your report

Your report will be available via the FibriCheck app. The hospital clinicians will have access to your seven day report but will not store a copy on your file, so you should keep a copy for your own information.

What are the signs and symptoms of AF?

Palpitations (being aware of your heartbeat) are a common symptom of AF. People with palpitations often say it feels as if their heart is jumping all over the place.

Other symptoms you may experience if you have AF include:

- tiredness and being less able to exercise
- breathlessness
- feeling faint or lightheaded
- chest pain

If you notice any of these signs or symptoms, please see your GP as soon as possible.

It is very common that people with AF are asymptomatic, meaning that they notice no symptoms at all.

Some people experience an irregular heart rhythm every now and then, rather than regularly or constantly. Some people may have a normal heart rhythm and then suddenly get an abnormal one, this is known as paroxysmal atrial fibrillation

Both frequent and infrequent irregular heart rhythms carry the same risks and therefore both require frequent and regular checks.

What can I do to reduce my risk?

You can reduce your risk of AF by maintaining a heart-healthy lifestyle. This includes:

- [getting regular physical activity](#)
- [eating a heart-healthy diet which is low in salt, saturated fats, trans fats and cholesterol](#)
- [managing high blood pressure](#)
- [avoiding excessive amounts of alcohol and caffeine](#)
- [not smoking](#)
- [controlling your cholesterol](#)
- [maintaining a healthy weight](#)