

## EVENT MONITOR

You will be given a small “card,” plastic “wrist watch,” or a small cassette-type recorder with wires and electrodes hooked onto your body to wear for up to 30 days. This will allow you to transmit a recording of your heart rhythm during specific symptoms. Allow *30 minutes* for hook-up in our office with explanation of its use.

**Event Monitoring** is a painless way to record your heartbeat away from the doctor's office. An event monitor is a small limited electrocardiogram (ECG) that you carry with you. It records your heartbeat for your doctor to review at a later time. The event monitor lets you record your irregular heartbeat as you feel it. You simply press a button. Our staff will show you how to use it and then how to transmit the recording over a land-phone line. You will usually carry this monitor for two to four weeks. Your physician may recommend this type of testing whenever you experience symptoms like dizziness, palpitations, skipped beats or other sensations which may occur during normal day to day activities but not necessarily while you're in the physician's office.

If you have fainted in the past, or if your doctor thinks you might have heart rhythm irregularities that you are not aware of, you will have a type of monitor that actually hooks up to your body. The latter type of device is continually recording your heart rhythm with several minutes of memory so that an irregularity of the heart rhythm can be recorded after the fact (these are referred to as “memory-loop” recorders). Instructions on how to change electrodes (sticky pads on your skin that connect to flexible wires which connect to the actual recorder) every several days will be given by our staff.

### Your Event Monitor

After you are shown how to use your event monitor, carry it with you all the time. When you feel a symptom, activate the monitor by pressing a button (wristwatch style) or holding it to your chest (small box or credit card style). Be sure to keep a diary.

### When Using a Monitor

Please stay away from electric blankets, magnets, metal detectors, and high-voltage areas such as power lines. They may affect the recording.

When phoning in your recording:

- Tell the technician on the phone, the date and time for each recording you make (when symptoms occurred).
- Note any symptoms you feel and what you are doing at that time.

Accurate, concise information is important!

### Important Things to Remember

- Do not take a bath, shower or swim while carrying or wearing it.
- Keep pressing the button until several seconds after your symptoms resolve.
- Try to get to a land phone line to phone in the recording as soon as possible after pushing the button
- Do not remove the tape or battery from inside the monitor.

For more information:  <http://www.cardiosmart.org/HeartDisease/CTT.aspx?id=716>

If you have any questions about the above test that your doctor has recommended for you or you are scheduled for, please feel free to call our office at (310) 659-0714 or visit our website at [www.CORMedicalGroup.com](http://www.CORMedicalGroup.com)

Thank you