

Community Cardiology Contact Details

Call 01704 395 800 to speak with us regarding your referral.

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(The Family Surgery building)



Southport
& Formby
Health



Extended ECG Monitoring



Recording of Your Heart Rhythm

Caring for our community

This leaflet has been written to provide information about undergoing extended recording of your heart rhythm (24, 48, 72 hour or 7 day ECG). We hope it answers some of the questions or concerns you may have.

What is a extended ECG?

This test a way of continuously recording your heart rhythm and the hearts electrical activity over a period of time. The doctor will decide if you need to have a heart recording for either 24, 48, 72 hours, or 7 day. The tests can help diagnose various symptoms that do not happen very often or have not previously been picked up by an ECG (heart tracing).

What can a ECG recording show?

The heart produces tiny electrical impulses which cause the heart muscle to contract. These impulses can be detected and recorded by an ECG. This test may be recommended to help diagnose symptoms such as infrequent palpitations.

How is it done?

Sticky patches are placed on your chest and attached by wires to a small tape recorder. The recorder will continuously record your heart rhythm. You will not be able to feel anything as this happens. You will be asked to keep a diary or an activity log while you are wearing the ECG recorder and make a note of any times you have symptoms.

Can I continue with normal activities whilst wearing the ECG recorder?

Keep to your normal routine and do any activity that would normally bring on your symptoms. You must avoid getting a bath or a shower as you must not get the recorder wet.

What are the benefits of having the test?

An ECG can provide your clinician with important information about your heart that may require further tests or investigations.

Are there any risks involved?

There are no known risks involved with having an ECG. Occasionally some people have an allergic reaction to the sticky patches placed on their skin. You should inform the staff if you are allergic to Elastoplast.

What happens next?

You will need to return the recorder the following day. The recording along with the diary or activity log will be processed and the results will be sent to the referring clinician e.g. your GP or consultant.

It is very important that the device is returned within the agreed time. We have a large number of patients waiting for these devices so returning the monitor on time is essential in order for another patient to receive treatment.