

Event Loop Recorder

An Event Loop Recorder is performed to:

1. Identify abnormal beats and heart rhythms eg. palpitations
2. Evaluate your symptoms to see if it is related to your heart

Before the test

- You do not have to do anything special before your event loop recorder appointment.
- For ladies it can be more comfortable if you wear a shirt/top and skirt/pants rather than a dress.
- Do not wear any moisturiser on your chest area.

How the test is done

It will take about 15 minutes to attach the monitor.

Small sticky pads called electrodes are attached to the chest to record the ECG. The electrodes need to have good contact with the skin to record the electrical impulses from the heart. Men with hairy chests will be shaved in spots where the electrodes will be placed. Ladies are able to leave their bra on and will be offered a gown. If you have sensitive skin you may find that the electrodes may leave red patches on your skin. This can take a couple of days to go away. Some patients with extra sensitive skin may develop small blisters from the gel used on the electrodes. This is rare and will heal quickly.

While you are wearing the monitor you are asked to note your symptoms. This is done by pressing the button on the front of the monitor when your symptoms occur and noting the time, day and symptom in a diary provided to you.

You cannot shower, use an electric blanket or have an x-ray while wearing the monitor; you must remove the monitor beforehand. The technician will show you how to remove and attach the event monitor and will provide you with adequate replacement electrodes for the week you will be wearing the monitor. You must try and do whatever you would do in a normal day/week.

If an electrode comes away from your skin simply replace it with a new one straight away.

You are not required to wear the monitor during sleep if you do not experience your symptoms at night.

If you have any questions or problems with the monitor whilst wearing it, then call the Heartlab.

You will be required to return to the Heartlab on the date advised on the front of the diary. You are not required to make an appointment or have the monitor attached, just simply return it on the day advised by the staff in a bag with any leftover electrodes.

What Are the Risks?

There are no known risks associated with event loop recorders.

How do I get my results?

A report will be sent to your referring doctor, usually within 24 hours. Your doctor will discuss your results at your next appointment.