



Event Loop Recorder

Electrocardiography (ECG) is a test performed to record the electrical activity of the heart. An event loop recorder records periods of the ECG over a 7 day period. The monitor will detect and store periods of heart beats that seem abnormal while you are wearing it. During this period any abnormal beats are recorded.

A Event Loop Recorder is performed to:

1. identify abnormal beats and heart rhythms
2. evaluate your symptoms to see if it is from your heart beat
3. monitor pacemaker or defibrillator activity
4. assess if your medications are controlling your symptoms or a known abnormal rhythm

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.

Informed consent

It is a requirement by law that we receive your consent prior to performed your test. It is important that you understand what the test is about, how it is done and what the risks are. You will be given a form which will outline these things. If you have any questions please feel free to ask the technician who will be in the room with you when you sign the form.

How the test is done

It will take about 15 minutes to attach the monitor.

An exposed chest area is required and females will be given a gown.

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 for the electrodes to be placed. The technician will give the skin a little scrub with rough paper and then a wipe with alcohol. This removes the dead skin cells which can form a barrier. You will find that this may sting a little and it will leave red patches on your skin. This is normal and will 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 larger button on the front of the monitor when symptoms occur and noting the time and day in a diary which will be given to you. You can not 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 what ever 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.

The event loop recorder has an alarm system, if not attached properly or if removed the alarm will sound intermittently in order to let you know that it has no ECG signal. This alarm sounding does not mean the monitor has stopped or broken, it is normal and will stop once attached to your chest again. You are not required to wear the monitor during sleep if you do not experience your symptoms at night.

You will be required to return to the Heartlab 1 week or after 6 events (i.e. 6 times pressing the button).

You are not required to make an appointment or have the monitor attached to bring it back, just simply return it in a bag with any left over 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.