



# Leachman Cardiology Associates, P.A.

AN AFFILIATE OF TEXAS HEART INSTITUTE

## EVENT MONITORING

### **What is it?**

Heart monitors are devices that are worn by the patient and are used to record the electrical activity of the heart. The goal of these monitors is to help identify abnormal heart rhythms that may be the cause of symptoms such as palpitations, "heart racing", dizziness, lightheadedness, chest pain or loss of consciousness (called "syncope"). The choice of monitor that your doctor recommends depends on the frequency and/or duration of your symptoms. This heart monitor will be mailed to your home. When you receive the monitor, follow the instructions provided.

### **What do I do?**

Event monitors are used to assess symptoms that occur infrequently, such as a couple times per month. When you notice your symptoms, you push the button on the monitor (either an event monitor or a "heart card"). The monitor then records your heart rhythm for a brief period of time. This tracing reveals the heart rhythm that is present when you have your symptoms. A few of these tracings can be stored in your monitor. You then call an 800 telephone number (which is provided to you). This phone is operated by personnel that help you send the recorded tracings over the phone. The tracings will be forwarded to Leachman Cardiology Associates and will be reviewed by your physician.

### **What will happen?**

Tracings will be reviewed by your physician. LCA will contact you if tracings have any life-threatening rhythms noted and give any further instructions.

### **How long does it take?**

The event monitor will be worn for up to 30 days. The package will include electrodes and batteries for the monitor, with instructions on use provided.

### **Post Procedure Instructions:**

You will receive results of monitor within 7-10 days of returning the monitor.