

About Looping Event Monitoring



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Cardiovascular Services

What is an Event Monitor?

An event monitor is an electronic device that will allow you to record a tracing of your heart action (EKG) when you have a symptom such as:

- **feeling faint**
- **dizziness**
- **palpitations**
- **chest pain**

The monitor is loaned to you for one month.

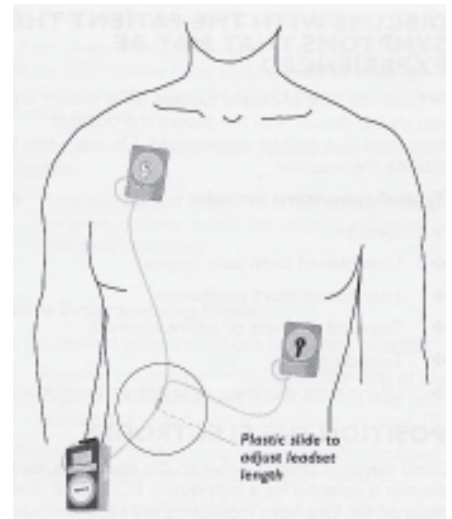


What will happen?

A specially trained technician will show you how to use the monitor. They will give you specific instructions at that time. You will need to:

- Hook up the monitor on your own for one month.
- Push the record button when you have a symptom.
- After you push the record button you will hear a beep. The monitor will record for 3 minutes. It will beep while it is recording. After it stops beeping, unplug the monitor and call **1-800-233-0456** at once.

You can call this number anytime, day or night.



- Tell the operator your name and the symptoms you are having.
- The operator will tell you when to send the EKG. Then put the mouthpiece of the phone over the record button and press the send button on the side of the monitor. It will beep for 3 - 5 minutes. When it stops beeping, pick up the phone and talk to the operator.
- When you are through talking to the operator, plug the monitor in again. You should see a small #1 in the corner.
- Keep in touch about how you are feeling and about any phone number changes.

(over)

Using the monitor

Push the red record button when you have any of the following symptoms:

- chest pain
- feeling faint
- dizziness
- palpitations

Remember, **every time** you record, you must send in your EKG. The monitor **only holds 1 EKG** at a time.

Caring for your monitor

- You must stay hooked up all the time, except when you take a bath or shower.
- You should treat the monitor like a portable radio. Do not **drop** it and do not get it **wet**.
- Change the patches everyday.
- You will be sleeping with your monitor. You can put the recorder beside you or clip it to your clothes.
- When you are going about your daily business, you can clip it to your belt, shirt or wear it in a pocket.
- Change the batteries when you see a large #2 in the corner next to the small #1.
- The monitor should cause no pain. Sometimes the patches irritate skin; this can be helped by putting them in slightly different places each time you change them.
- **If you press the "Record" button by mistake:**
 - Unplug the monitor.
 - Press send.
 - After it stops beeping, plug it back in.
- **If you have any problems with your monitor, call Parkland Hospital (214) 590-8395.**

When do I return the monitor

Your monitor is due back exactly four weeks after it was loaned to you. We must have it back. Return it to the Cardiovascular waiting room. Ask to see the technician and give them the monitor.

Where do I get the results?

You will be given results at your next clinic appointment. The technician will make sure that you have a follow-up appointment or give you the telephone number to call to make an appointment.