

## Cardiology services

# Having a 7-day event recorder

## Information for patients, relatives and carers

This leaflet tells you about having a 7-day event recorder and answers some of the questions that you or those who care for you may have. Please contact your care team if you have any questions.

## What is a 7-day event recorder?

A 7-day event recorder is a portable and non-invasive (not put inside the body) monitoring device that records your heart rhythm for seven days in a row. An event recorder system is made of a battery part and two electrodes.

## Why do I need a 7-day event recorder?

You might have experienced unexplained episodes of a more noticeable heartbeat (palpitations) or loss of consciousness (syncope). A 7-day event recorder will be particularly helpful to find out if these symptoms are related to your heart.

## What I need to know before having a 7-day event recorder?

### If you need a chaperone and/or an interpreter

If you need someone to come to the appointment with you (a chaperone), please tell the receptionist when you arrive for your appointment.

If you need an interpreter, please contact us on the number for your cardiac department (see below) 3 days before your appointment. We can then book an interpreter for your appointment.

### Plan your journey

Many people benefit from planning their journey to the hospital. Knowing your route can help you get there in plenty of time for your appointment. There are a small number of general and disabled car parking spaces at the different hospitals (except for St Mary's).

For help with journey planning or patient transport, please visit: [www.imperial.nhs.uk](http://www.imperial.nhs.uk) > [our location](#) > choose the correct hospital > hospital map > parking and [www.tfl.gov.uk](http://www.tfl.gov.uk).

## How should I prepare for a 7-day event recorder?

Before coming to the hospital for your appointment, it is important for you to:

- take your medications as prescribed, unless your cardiologist tells you not to

- have a shower or bath (please do not put moisture or skin lotion on your chest)

If you want, you can shave or remove any hair from the chest area (if possible) on your own. If not, we can do this for you on the day of the appointment.

Please wear loose-fitting clothing to your appointment, so that we can fit the event recorder easily.

## What happens on the day of my appointment?

Please arrive 10 to 15 minutes before the time for your appointment and go to the cardiology reception desk.

### Charing Cross Hospital

- 020 3311 1028
- Cardiac Investigation Unit, Fifth floor, Charing Cross Hospital, Fulham Palace Road, London W6 8RF

### Hammersmith Hospital

- 020 3313 3951
- Cardiac Investigation Unit, Hammersmith Hospital, Ground floor, B block, Du Cane Road, London W12 0HS

### St Mary's Hospital

- 020 3312 1241
- Waller Cardiovascular Unit, Ground floor, Mary Stanford Wing, St Mary's Hospital, Praed Street, London W2 1NY

## The 7-day event recorder fitting process

- the cardiac physiologist will take you to a room where they will explain the fitting process and benefits in detail, and fit your 7-day event recorder
- we might ask you to change into a hospital gown and lie/sit down on a bed or chair
- the cardiac physiologist will clean your chest and shave it if necessary
- then they will attach the device and a lead to your chest using electrode stickers
- once they've finished fitting it, they will start the device and explain what to do when you're having a bath or a shower
- the cardiac physiologist will give you a diary sheet to write down any symptoms you might have while you're wearing the 7-day event recorder, such as palpitations or dizziness
- we will also give you instructions on how to return the monitor after the 7 days

## How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at [imperial.pals@nhs.net](mailto:imperial.pals@nhs.net) The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street  
London W2 1NY

Email: [ICHC-tr.Complaints@nhs.net](mailto:ICHC-tr.Complaints@nhs.net)

Telephone: **020 3312 1337 / 1349**

## Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages.

Please email the communications team: [imperial.communications@nhs.net](mailto:imperial.communications@nhs.net)

## Wi-Fi

Wi-Fi is available at our Trust. For more information visit our website: <https://www.imperial.nhs.uk>

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