

Cardiac investigations department - Charing Cross and Hammersmith Hospital

Waller Cardiovascular unit - St Mary's Hospital

# Ambulatory holter monitor

## Information for patients, relatives and carers

### Introduction

Your doctor has requested that we fit you with a heart monitor. This leaflet explains what will happen at your appointment. Please contact your care team if you have any questions or concerns.

### What is an ambulatory holter monitor?

Ambulatory holter monitors are non-invasive, battery-powered devices that you wear around your waist or neck to record your heart's electrical activity. This recording helps your doctor to see any relationship between your symptoms and your heart rhythm.

### What to expect at your appointment

When you arrive for your appointment, we will fit you with a small heart monitor that will take a continuous recording of your heart rhythm. The monitoring system has five leads which we will attach to your chest using stickers. We will either place the recording device around your neck using a small pouch, or around your waist using a belt. We will explain the test to you in detail.

You will need to wear the recording system for the length of time requested by your consultant (typically 24 hours) and return it to us on the day that we ask you to (this is usually the next day).

We will also give you a diary sheet so you can write down any symptoms you experience while wearing the device.

**Please note you will not be able to have a bath or shower while wearing the device.**

We advise that you:

- wear loose-fitting clothes
- take any medications as normal, unless advised otherwise

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## When will I receive the results?

You will receive the results of your test at your follow-up outpatient appointment. The results will not be sent directly to your GP.

Depending on your results, the physician may recommend further tests.

## Cardiac investigations department contact details

If you have any questions please do not hesitate to contact the appropriate cardiac investigations department:

Charing Cross Hospital	Hammersmith Hospital	St Mary's Hospital
Fifth floor Charing Cross Hospital Fulham Palace Road London W6 8RF Telephone: <b>020 3311 1028</b>	Ground floor, B block Hammersmith Hospital Du Cane Road London W12 0HS Telephone: <b>020 3313 3951</b>	Waller cardiovascular unit Ground floor Mary Stanford Wing St Mary's Hospital Praed Street London W2 1NY Telephone: <b>020 3312 1241</b>

## 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 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). 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: [www.imperial.nhs.uk](http://www.imperial.nhs.uk)