

Ambulatory Heart Monitor

This appointment has been arranged by either your own GP or the doctor at the hospital to have a 24 hour monitor fitted.

The test involves a small portable monitor being attached around your waist and some electrodes being placed at various positions on your chest. This monitor will record the rhythm of your heart over the next 24 hours.

The general idea of the test is that you continue with your daily activities as normal. Unfortunately the only restriction when wearing this monitor is that you are unable to have a bath or shower. It is therefore advisable to shower on the morning of the test.

Please note: you will have to return the next day at the same time to have the monitor removed and if booking transport, please book for both days.

If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

We are happy to consider requests for this publication in other languages or formats such as large print. Please call 01324 590886 (9-5) to arrange this or email fv.disabilitydepartment@nhs.scot

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NHS Forth Valley Administration Offices
Westburn Avenue, Falkirk FK1 5SU
www.nhsforthvalley.com