

Event Monitoring

Your health care provider wants you to have an event monitor. We will show you how to use the monitor today and this handout will tell you how to use it at home.

What is an event monitor?

An event monitor is a tool that records the electrical activity of the heart. We also call this your heart rhythm. This monitor will record the heart rhythm when you have unusual symptoms or an “event.” You wear the device for up to 30 days. You should wear it at all times day and night. You must keep it dry. Getting the device wet will damage it beyond repair.

Why do I need an event monitor?

If you’ve been having symptoms that come and go, such as palpitations, feeling dizzy, or fainting spells, your health care provider may want to find out what is causing this. This device will tell your doctor if your symptoms are caused by a heart rhythm that is not normal or by an arrhythmia.

An arrhythmia is a change in either the speed or pattern of your heartbeat. During an arrhythmia, your heart may beat too fast, too slow, or without a pattern. This device will record and then analyze this data.

Types of Event Monitors

Your health care provider will decide which type of event monitor is best for you.

The wireless loop monitor may also be called a pre-event recorder. It has a **memory loop** that allows the device to “remember” what happened for about 45 seconds before and after an event.

The device is the size of a pager. You can clip it to your belt, waistband, or place it in a shirt pocket. The monitor is attached to two small sticky patches, called electrodes. These are placed on your chest.

You should always wear the monitor. When you have symptoms, you press a specific button to start the device. It will record and store about 45 seconds of heart rhythm data before, during and after an event.

The monitor will pick up a cell phone signal and send any recordings you have made when the signal is strong enough.

The **hand-held monitor** does not have a memory loop. It cannot “remember” what happened before it is turned on. It starts to record your heart rhythm only after the button is pressed. This type of device is small, light, and pocket size. You do not need electrodes.

You carry the recorder in a pocket or purse. When you feel symptoms, you hold the recorder against the skin of your chest and turn the device on by pressing a button. It will record and store about 60 seconds of heart rhythm after the event.

Once you’ve stored an event, you will transmit the ECG over the phone. Do not use a cell phone to transmit data. The cell phone signal is not strong enough to send clear data.

Call **Life Support Systems** at **1-800-659-8151**. When you are told to do so, press the “send” button on the monitor. Then place the microphone of the phone over the monitor. The stored ECG data is then sent to the center. Once the noise from the monitor

stops, pick up the phone and wait for Life Support to say something. Do not hang up the phone until you are told to do so. This will ensure that the data has been received before you hang up.

The device you are using is owned by Life Support Systems. If the unit is damaged or not returned, you may be charged for the device.

Test Results

Once you return your monitor to Life Support, they will look at the data and provide a written report. They will send this report to a UW Health Cardiologist who will read the report and provide the results to your health care provider. Your health care provider will share the results and design a treatment plan that is best for you.

Who to Call

For questions contact the Heart Station at **(608) 263-6609**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2020. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5489.