

7-Day Event Monitor

An Event Monitor records the electrical activity of the heart over a 7-Day period. This test enables us to identify any electrical changes or rhythm abnormalities of your heart during your normal daily routine. Typically, patients referred for this test would have already worn a 24 hour Holter monitor or only experience symptoms infrequently. Unlike 24 hour Holter monitoring, you will be able to remove the monitor for brief periods to allow for showering.

Preparation

No special preparation is required for a 7-Day monitor. Food, water and medication can be taken as per your usual routine. For your comfort we suggest wearing a two-piece outfit to allow easy access to the chest. It is encouraged that you go about your normal daily activities, so that the ECG readings will be a true representation of your typical daily routine. Please bring along a list of the names and dosages of all medications for the cardiac technician to go through with you.

Test Duration

Allow approximately 30 minutes for the attachment of the monitor and 15 minutes for the detachment of the monitor.

Medicare Rebate Available

Yes.

Procedure

A height and weight will be acquired before the monitor is attached. A cardiac technician will place five electrodes in specific positions on your chest with thin leads connected to the monitor. To ensure a good quality trace is obtained some skin preparation, including light abrasion and cleansing with alcohol wipes is necessary. For men, shaving the area for electrode placement will be required. So that you are able to shower during the recording period, instructions on how to remove and reattach the monitor will be provided to you.

The monitor is about the size of a mobile phone and is easily stored in a pocket or on a lanyard around your neck. The technician will ensure you feel comfortable and that the monitor is working correctly before you leave the clinic. A diary to record any symptoms that you may experience (palpitations, light headedness etc.) and daily activities (e.g. exercise) will be provided to you. You will be required to return 7 days later for the monitor to be removed.

Results

Our Cardiologists will review the collected data and a report will be generated. Your results are sent directly to your referring doctor, usually within 3 working days. The data obtained is digitally stored to enable precise comparisons should you require future tests.