

# Ambulatory Telemetry

## What is ambulatory telemetry?

**Ambulatory** [AM-byoo-leh-tor-ee] **telemetry** [tuh-LEM-eh-tree] is a type of heart monitoring. It uses lightweight, portable equipment to record your heart's electrical activity while you go about your daily life.

Monitoring can last for a few days. The goal of monitoring is to determine:

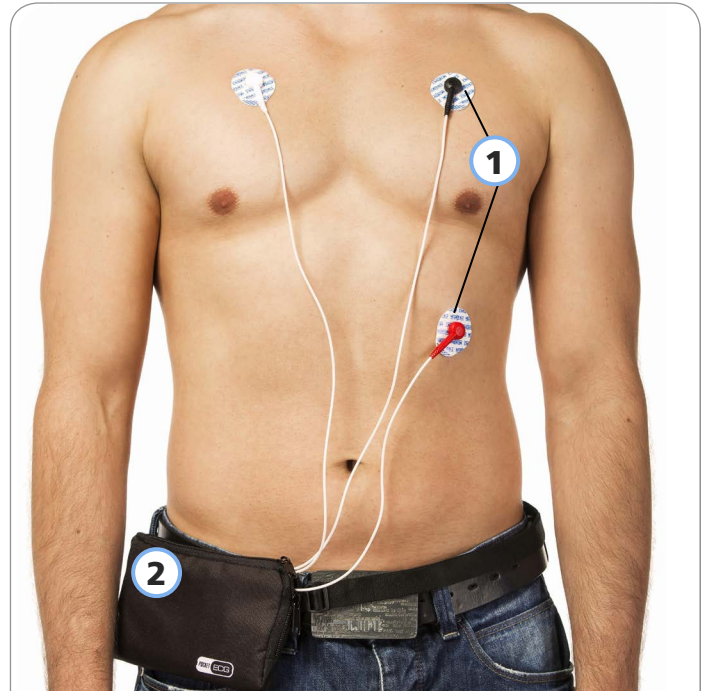
- If symptoms such as dizziness, shortness of breath, chest pain, or fainting are caused by a heart rhythm problem
- The underlying cause of a stroke or transient ischemic attack (TIA)

## What should I do when I have a symptom?

If you are dizzy, faint, have shortness of breath, chest pain, or feel anything unusual with your heart:

- **Stop what you're doing and press the button on your communicator.** Pressing the button flags the data record. When the technician reviews the data at the center, the flag shows where to look for signs of heart rhythm problems.
- **Call the monitoring center as soon as possible** if the symptoms listed don't match yours, or if the monitor tells you to do so.

It's okay if you do not have any of these symptoms. The monitor will still give us valuable information about your heart rhythm.



## How ambulatory telemetry works

- 1 Small patches called electrodes are placed on your chest.
- 2 The electrodes are attached to a telemetry monitor (small heart monitor) that you wear on your waistband or belt and records your heartbeat all the time. The monitor uses wireless phone networks to send your information to the hospital to be processed.

**It's important to keep the communicator fully charged.** Your information will not be recorded and sent if either the monitor or the communicator lose power.

## What should I do at the end of the monitoring period?

Your doctor will tell you how long to wear the monitor—this may be as long as 30 days. When this period is over:

- **Return all the equipment**, following the directions you were given with the equipment about where and how to send it.
- **Call the center** to make sure your study is completed right away.

## How will I get the results?

A doctor will review your information, and you will get the results in a follow-up appointment.

## Talking with your doctor about ambulatory telemetry

The table below lists the most common potential benefits, risks, and alternatives for ambulatory telemetry. Other benefits and risks may apply to your unique situation. Talking with your doctor is the best way to learn about the risks and benefits. If you have questions, be sure to ask.

<b>Possible benefits</b>	This test can help your doctor diagnose heart rhythm problems.
<b>Possible risks and complications</b>	<b>Ambulatory telemetry poses practically no risk.</b> Some people can have minor skin irritation from the sticky patches on the chest.
<b>Alternatives</b>	Other heart rhythm tests include: <ul style="list-style-type: none"><li>• EKG or ECG (electrocardiogram)</li><li>• Cardiac stress tests</li><li>• Electrophysiology (EP) study</li></ul>

## How do I care for my equipment?

- 1 Keep your equipment dry.** Take the electrodes and monitor off before you swim or take a bath or shower. Put new electrodes and the monitor back on afterward.
- 2 Change the electrodes every day.** Fresh electrodes will provide better information. Follow the directions provided with your equipment.
- 3 Place your electrodes on a slightly different area of your skin each day to minimize skin irritation.** Each electrode can be moved within an area similar to the size of your outstretched hand.
- 4 Change the battery in the monitor as needed.** With your monitor, you'll get two rechargeable batteries and a battery charger. Each battery lasts 12 to 24 hours. Recharge one battery while using the other one. You'll hear an alarm beep when the battery needs to be charged.
- 5 If you have a pacemaker or ICD (implantable cardioverter defibrillator), do not put the monitor near it.** Wear the monitor at your waist.

## Who do I call for help?

- For help troubleshooting your monitor or to report symptoms, please call the ECG monitoring center at 1-844-361-9984.
- For help with your MediLynx bill, please call 1-855-847-0780.

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