

Cardiology services

Having a 7-day event recorder

Information for patients, relatives and carers

This leaflet aims to tell you about having a 7-day event recorder and answer some of the questions that you or those who care for you may have. It is not meant to replace the discussion between you and your medical team.

Contacts

From Monday to Friday, between 09.00 and 17.00

Cardiac Investigations Department: **020 3313 3951** (Hammersmith Hospital)
 020 3312 1241 (St Mary's Hospital)
 020 3311 1028 (Charing Cross Hospital)

Transport booking team: **033 0678 1245**
 (Monday to Friday: 08.00–20.00,
 Saturday and Sunday: 10.00–13.00)

For out of hours, please contact NHS **111** for advice and health information.

What is a 7-day event recorder?

A 7-day event recorder is a portable and non-invasive (not put inside the body) monitoring device that records heart rhythm for a consecutive seven days (seven days in a row). An event recorder system is made of a battery component and two electrodes.

Why has a 7-day event recorder been recommended for me?

You might have experienced regular, unexplained episodes of palpitations (when your heartbeat becomes more noticeable) or syncope (loss of consciousness). An electrocardiogram, a 24-hour or 48-hour Holter monitoring hasn't been able to help. A 7-day event recorder will be particularly helpful to find out if these symptoms are related to your heart.

What I need to know before having a 7-day event recorder?

If you have been unwell

If you have had vomiting or diarrhea, a cough, cold or skin infection with or without a fever during the 3 days before your appointment, please contact your cardiac investigations department. The contact details are at the top of this page.

If you need a chaperone and/or an interpreter

If you need a chaperone (someone to come into the appointment with you), please tell the receptionist when you arrive for your appointment.

If you need an interpreter, please contact your cardiac investigations department 3 days before your appointment, so we can arrange one for your appointment.

Plan your journey

Many people benefit from planning their journey to the hospital. Knowing your route can help you get there in plenty of time for your appointment.

There are a small number of general and disabled car parking spaces at the different hospitals (except for St Mary's Hospital).

For help with journey planning, please visit: <https://www.imperial.nhs.uk> > our-location > choose the correct hospital > hospital map > parking and <https://www.tfl.gov.uk>.

If you are not available for your appointment

Please contact your cardiac investigations department immediately, if you cannot attend your appointment.

This allows us to

- agree a new appointment date and time with you and
- offer another patient your original appointment

We will always aim to reschedule your appointment to the next available date.

If you are running late for your appointment, please contact the appropriate cardiac investigations department to tell them when you think you will arrive.

What happens if I need transport?

In line with Department of Health guidelines, we have a non-emergency transport service for patients whose clinical condition or mobility makes it very difficult for them to attend hospital without transport assistance.

Please visit our website for more details <https://www.imperial.nhs.uk> > patients and visitors > help and support > patient transport.

How should I prepare for a 7-day event recorder?

Before coming to the hospital to attend your appointment, it is important for you to

- take your medications as prescribed, unless advised by your cardiologist

- have a shower or bath (please do not apply moisture or skin lotion on your chest)

You may prefer to shave or remove any hair from the chest area (if possible) on your own. If not, we can do this for you on the day of the appointment.

We advise that you wear loose-fitting clothing to your appointment.

You might be in the hospital for a couple of hours, so it is a good idea to bring something to read or listen to with a headset or earphones while you wait.

What happens on the day of my appointment?

Please arrive at the allocated hospital and time stated in your appointment letter.

Note that this will not be the actual time of your 7-day event recorder fitting.

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

Please check in at the reception desk when you arrive.

Please tell the receptionist and/or the cardiac physiologist that is fitting your 7-day event recorder if you need a chaperone or an interpreter during the fitting.

The 7-day event recorder fitting process

The cardiac physiologist will take you to a room where your 7-day event recorder will be fitted and they will explain the fitting process and benefits in detail.

You may be asked to change into a hospital gown and lie/sit down on the bed/chair.

The cardiac physiologist will prep the skin site by cleaning the area and shaving any chest hair (if necessary). The cardiac physiologist will then fit you with a small recording system with a lead connected to it. Both the device and the lead are attached to your chest using electrode stickers.

Once the 7-day event recorder fitting is completed, the cardiac physiologist will start your device recording and explain to you what to do with it when you're taking a bath or a shower.

The cardiac physiologist will give you a diary sheet to write down any symptoms (i.e., palpitations or breathlessness) you may experience while wearing the 7-day event recorder.

You will also be given a set of the instructions about how to return the monitor after the 7-day period of recording.

Do I need to avoid electrical appliances and mobile phones?

No, you do not need to stop using electrical appliances or a mobile phone when you have a 7-day event recorder. You can use all electrical appliances.

If you need an MRI scan, please check with your cardiac investigations department before your scan.

If you are worried that a treatment you need might affect your 7-day event recorder, please discuss with your cardiac investigations department or your cardiologist.

What happens after the seven days?

After the period of recording, please return the 7-day event recorder to your cardiac investigations department for analysis.

You don't need to switch off the 7-day event recorder.

You can take off the 7-day event recorder yourself or come to the hospital for the cardiac physiologist to remove it for you.

You might notice some skin irritation or redness around the electrode sticker sites. This is normal as your skin can become sensitive after seven days. It is important to keep the skin area clean and dry.

When will I get the results of my 7-day event recorder?

All results of 7-day event recorder are uploaded to your hospital electronic medical notes to be reviewed by the cardiologist.

You can discuss the results of your 7-day event recorder with your cardiologist during your outpatient follow-up appointment. Depending on the results, your cardiologist may recommend further diagnostic tests.

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 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at 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

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

Wi-Fi

Wi-Fi is available at our Trust. For more information visit our website: <https://www.imperial.nhs.uk>

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