

24hr, 48hr & 7day ECG

This technique involves continuously recording an ECG over 24 hours, 48 hours or 7 days. Small sticky patches (electrodes) are put on your chest and attached to a small recording device which can be worn around your waist or neck, whilst you go about your normal daily activities. You will need to undress down to the waist (ladies can keep their bra on) to have the monitor fitted. If you have a lot of hair on your skin, we may need to shave that area to make sure the electrodes stay in close contact with your skin. Please avoid using moisturiser or body oils over the chest area. It is advisable to wear a loose top which you can remove easily. Ladies are advised to avoid wearing tights.

To ensure your results are processed swiftly, please return the monitors to the clinic as per below timelines: Any appointments before 1pm to be returned by 9am the following day. Any appointments after 2pm to be returned by 12noon the following day. Any time on a Friday to be returned by 9am Monday morning. Unless stated otherwise during your appointment.

When wearing an AECG monitor for 24 hours patients will be unable to shower during this time. This is so we can get the optimum recording quality possible.

After approximately 48 hours the electrodes start to deteriorate. For longer recordings patients will be provided with additional electrodes enabling patients to shower and then change their electrodes at the same time.

This will be explained during the appointment.