

## How to contact the Community Cardiology Team

Cardiology Clinic Administrator:  
Queen Elizabeth Hospital Birmingham,  
Mindelsohn Way, Edgbaston, Birmingham,  
B15 2GW  
Telephone: 0121 371 2539

## Community clinics

- Greet Community Health Centre, Sparkbrook, B11 3ND.
- Haslucks Green Medical Centre, Shirley, Solihull, B90 2LW.
- Ley Hill Surgery, Sutton Coldfield, B74 2UE.
- Sutton Medical Consultancy Centre, Sutton Coldfield, B75 6DX.

Please use the space below to write down any questions you may have and bring this with you to your next appointment.

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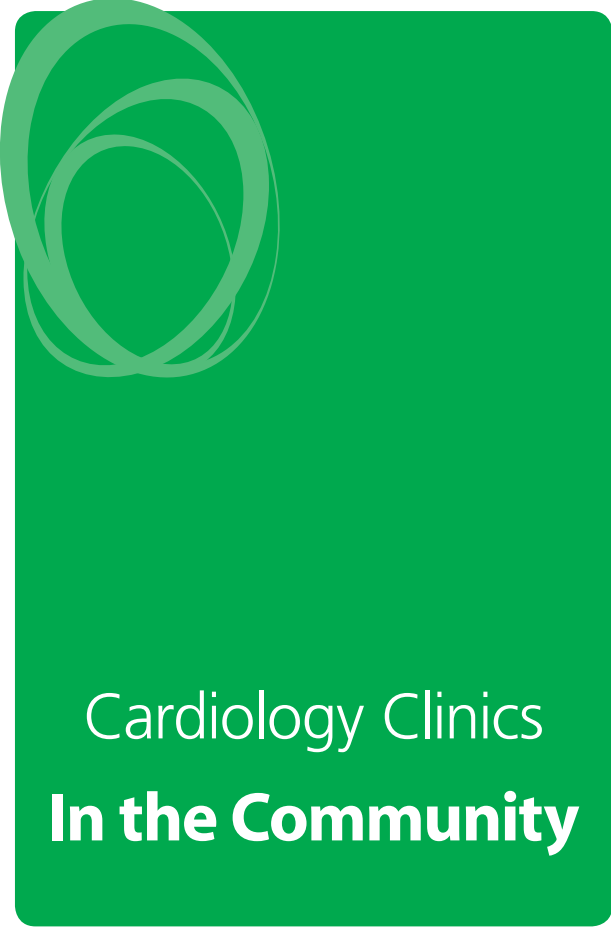
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## Cardiology Clinics In the Community

Delivering the best in care

**UHB is a no smoking Trust**

To see all of our current patient information leaflets please visit  
[www.uhb.nhs.uk/patient-information-leaflets.htm](http://www.uhb.nhs.uk/patient-information-leaflets.htm)

## What is a 24-hour tape recording?

This is a very straightforward procedure that measuring your heart rhythm over a 24-hour period causing no side effects.

### How is it done?

Just as when you have your basic ECG recorded, the cardiac psychologist will ask you to undress and will then apply electrodes to your chest. The cardiac psychologist will then attach wires to the electrodes and these wires will be connected to a small tape recorder. You will then be helped to dress by the cardiac psychologist as you may require some help to get the wires out through your clothing. You will normally wear the tape recorder around your waist.

You will also be asked to complete a diary during the 24-hour period. You will be asked to come back 24 hours later to have the recorder removed.

## What is a 24-hour ambulatory blood pressure monitor (ABP monitor)?

This is a way of monitoring your blood pressure over a 24-hour period. In some cases the monitor also can be fitted for 48 or 72 hours.

### How is it done?

A blood pressure cuff is fitted to one of your arms. It is advisable to wear clothing that allows easy access to the part of your arms just above the elbow. A tube from the cuff will be passed through your clothing to a monitor worn with a belt around your waist.

Many patients report the test as mildly uncomfortable, especially when the cuff has inflated repeatedly due to failed readings. If the discomfort is no longer bearable, the cuff can easily be removed from the arm by undoing the Velcro. In any case, the equipment should be returned to the department approximately 24 hours after the device was fitted (or 48 or 72 hours depending on the clinical requirement).

## What is an echocardiogram?

This is a scan that uses ultrasound (sound waves) to produce pictures of the heart.

The test is painless and without side effects. The test gives the doctor information about how well your heart is functioning and about the blood flow through your heart and heart valves.

### How is it done?

You will be asked to undress to the waist and lie on a couch on your left side. Sticky electrodes will be attached to your chest and connected to the echo machine. These will monitor your heart rate during the test.

An ultrasound probe and a small amount of gel are placed on your chest and will be moved to different positions.

The probe will collect images from your heart and will be displayed on the echo machine then recorded onto either video or disc.

The scan will take approximately 20-40 minutes to complete.

**A more detailed information sheet about each test is available to review and discuss with the cardiac psychologist present at the clinic.**

**If you have any doubts or worries, please discuss these with your cardiac psychologist when you come in for your appointment.**

**If you wish to bring a chaperone during your procedure, please feel free to do so. If you would like a chaperone from the department to be present, please ask upon your arrival.**