



# Your doctor has decided that he/she would like you to have an Ambulatory ElectroCardioGram (AECG) recording

## What is it?

An AECG recording is used to monitor your heart rhythm over 1, 2, 3 or 7 days. You will be asked to wear a monitor connected to electrodes on your chest which you will need to return at the end of the agreed time period.

## Why is it done?

An AECG recording is usually carried out because the basic electrocardiogram (ECG) recording which measures your heart rhythm for a short period of time (10 seconds) is not long enough to identify your heart problem, should you have one. The AECG recording can help, as this enables us to monitor your heart rhythm whilst you are undertaking your normal daily activities. For example, you may have intermittent palpitations (heart beating fast or irregular), which may not show up when you come in to see your doctor, but an AECG recording will often be able to detect these. AECG recordings are also done to check that artificial pacemakers are working correctly, or to check that the medication you have been prescribed is doing its job.

## How is it done?

Just as when you have your ECG recorded, the health care scientist will ask you to undress from the waist up and will then apply electrodes to your chest. Your skin will be abraded (rubbed) to ensure good contact with the electrodes. The technician will then attach wires to the electrodes, and these wires are connected to a small recorder. This recorder clips onto your cloths or is worn around the neck. You should continue doing all your normal activities during the day giving us a 'snapshot' of a typical day. You will also be asked to complete a diary with any symptoms as well as times of exercise and times you are asleep. This is to enable your doctor to understand what you were doing during this period and helps when distinguishing between changes in your heart rhythm. You will need to return the monitor promptly after the recording has finished.

The electrodes used are solvent free and rarely cause irritation to the skin. In the unlikely event of any discomfort, please do not scratch or disturb the electrodes as this will cause interference on the recording, which may then have to be repeated. If you have a particularly bad reaction to the electrodes, please remove them, wash the area and re-apply new electrodes next to the affected skin. It is important that you do not have a bath or shower whilst you are wearing the recorder. If your test last more than 48 hours you will receive instructions on removing the recorder temporarily in order to bath or shower. If you have any doubts or worries, please let us know when you come in for your appointment.

## Research and Audit

UHB is a centre for teaching and research. Some of the data collected during your scan may be used for audit to check on the quality of what we do and also to support research projects that do not involve further contact with you. If you do not wish us to use this data, please let us know when you attend for your appointment.

**If you would like a chaperone from the department please ask upon your arrival.**

## Accessibility

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