



# ACADEMIC CARDIOLOGY ASSOCIATES

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## *30 Day Event Monitor*

An event monitor tracks your heart rhythm over an extended period of time and is commonly used to diagnose and monitor a range of heart conditions.

### *What is a Event Monitor?*

An event monitor is a small device that records your heart's rhythm over an extended period of time, ranging from 14 to 30 days.

The monitor is battery-powered and is applied using an electrode adhered to your skin. You are also given a cell phone to record real time symptoms to BioTel, our monitoring company.

### *Why is the Event Monitor Test Performed?*

A standard electrocardiogram, or EKG, records your heart's rhythm for a few minutes. An event monitor test is a type of EKG that shows your heart's rhythm for a much longer period of time and you are being monitored live time as opposed to a Holter monitor where the information is stored on the device.

Your doctor might recommend an event monitor test to:

- Find the cause of symptoms like chest pain, heart palpitations, shortness of breath, light-headedness, or fainting.
- Diagnose an arrhythmia, or irregular heartbeat
- Capture symptoms that happen less frequently
- Check for post operation arrhythmias
- See how well your heart is working after a heart attack
- Determine if your medication is working properly

### *What to Expect During an Event Monitor*

Your event monitor will be hooked up on your doctor's office. It is best to wear loose fitting clothing during your test, allowing the electrode to stay in place. For best results, lotions or oil should not be worn.

A technician will clean your skin with a mildly abrasive pad, clean with alcohol, and wipe dry before attaching an electrode to your chest. If there is excess hair on your chest, the technician may need to shave your skin to ensure a proper signal is transmitted. If you refuse to be shaven, your results may not be accurately recorded.

### *What to Do During Your Test*

You will get a cell phone to track your symptoms that is sent live time to BioTel, our monitoring company. Unless our doctor instructs you otherwise, you should maintain your daily routine. Keeping track of daily activities is **not necessary** unless directed otherwise. It is more effective to record exercise and/or symptoms.

Symptoms include but are not limited to:

- Palpitations
- Shortness of breath
- Racing heart
- Dizziness

To ensure your test is working properly, keep the electrodes dry. Showering is allowed but do not submerge the device in water. You will have to keep the cell phone charged and within 30 feet of you (monitor works in conjunction with the phone) You will also have to charge the sensor attached to the electrode on average of once per week, instructions will be given.

### *When your test is complete*

You will receive a message through the cell phone that your session has ended. You will then remove the sensor from your chest, put all of the components into the box, and ship the container to BioTel. A UPS shipping bag and label is provided to you.

It is important that you ship directly through UPS and not bring the device back to Academic Cardiology as this will delay your results.

### *Event monitor test results*

You must return the monitor as quickly as possible after you are finished to ensure results in a timely manner. It may take about a week or longer to get the results of your test. You will get a call from a Medical Assistant with your results unless your physician wants to speak with you directly.

If you have abnormal results, your physician may want to order more tests.

### Frequently Asked Questions

- **Can I shower with the monitor?** *You can shower with the monitor but not the cell phone. Swimming is not recommended.*
- **Will monitor alert me if I am having an episode?** *The monitor will transmit an EKG to the monitoring company. If it is serious, they will contact you and Academic Cardiology.*
- **I am having problems with the device, should I call the office?** *It is best to contact Biotel as they are available 24 hours a day, 7 days a week. Often, our tech is testing and will not be able to answer questions immediately.*
- **Will this monitor electrocute me?** *The monitor is designed to receive and transmit your heart rhythms, not to administer shocks.*
- **Will the monitor work outside of the country?** *No. However, the monitor will work anywhere in the continental United States.*
- **Is the event monitor covered by my insurance?** *It is recommended that you contact your provider or Biotel's billing department.*