

Ambulatory 'at home' ECG monitoring

Cardiac ECG monitoring is a recording of your heart rate and rhythm (ECG) over a prolonged period of time while you go about your daily life. It's often referred to as Ambulatory monitoring.

A resting ECG records the same information but for only approximately 10 seconds. Where a resting ECG can reveal a lot of information about your heart, when it comes to arrhythmias (abnormal rhythms of the heart), the resting ECG is often not always sufficient to make a diagnosis. This is because heart rhythm disturbances often occur infrequently and may last only for very brief periods of time.

A resting ECG, or even several ECG's taken at different times, are likely to miss these fleeting arrhythmias. This is when ambulatory ECG monitoring is used as it records your heart over a much longer period of time.

How do I choose the duration of the monitor?

This depends how often you are experiencing symptoms. For daily or frequent symptoms we advise either a 24 hour or 48 hour monitor, if your symptoms are less frequent, we advise on a 7 day monitor.

On our booking form we will ask you to give us as much information about your symptoms as possible, for example, how often you get them and how long do they last. We will review this information and if we feel that you have booked the wrong duration, we will contact you and advise on the best option to most likely record the arrhythmias you have been experiencing.



- 24 hours of monitoring
- Covers 1 x night
- Good for frequent symptoms

£255.00



- 48 hours of monitoring
- Covers 2 x nights
- Good for frequent symptoms

£265.00



- 7-days of monitoring
- Covers 7 x nights
- Good for infrequent symptoms

£325.00

Fitting your ambulatory ECG monitoring device

Our devices are very easy to fit yourself, with easy-to-use instructions. The device will be sent to your home address via our courier service, we will pre-arrange a date that suits you. Once you have worn the device it will then be collected by the courier and returned for analysis.

If you are unsure about fitting the device and would prefer our Physiologists to do it, please tell us when you book your appointment, and we will organise an appointment for you to attend one of our clinics. We will give you instructions on how to remove it, you would then need to return the device to one of our clinics for analysis.

For any questions or advice please see our FAQ page or email us via our contact us form or call us on 01332 315778



What to do before fitting

You will wear the ECG monitor in daily life, so there's little preparation. You will not be able to shower, bathe, or immerse the device in water, while wearing it, so consider doing so ahead of time or scheduling activities after it.

Do I have to take my own readings?

No, the device takes the readings for you over a period of 24 hours. The device should not hurt, but when the cuff inflates you will feel it tighten, its only for a few seconds. It may wake you during the night.

We hope this information helps you make an informed decision on booking an ECG. Please contact us to ask any questions you may have.

**Ambulatory ECG monitoring costs
from £255.00**

Book online or by telephone



**Available in Large Print,
and other languages**