

What should I do?

- 1 On the day of the test, have a good bath before coming in loose fitting clothes. Ladies are advised to come in a top and bottom. Once the recorder is fitted, you can go back and carry out your usual activities of a typical day, except that you should not bathe, swim or engage in activities that will wet the equipment. You should also not be involved in vigorous physical activities that might cause the electrodes to be disconnected, or damage the recorder. Your doctor may ask you to perform those activities that have provoked your symptoms before.
- 2 The technologist fitting your recorder will provide you with a diary sheet to record your activities and any symptoms you may experience during the test. Accurate interpretation of your ambulatory ECG recording depends on you recording your diary carefully and thoroughly.
- 3 Do avoid excessive movement of the arms and areas attached with electrodes. You should not engage in vigorous sports that may damage the recorder, or tamper with any part of the instrument assembly, except for loosening the recorder during sleep.

What are the potential risks/complications with this test?

There are no major side effects associated with this test. An ECG recording is painless and harmless. Some people may develop itch and rash over the areas where the electrodes are attached. Please inform the technologist or doctor should you experience these problems.

When will I know the results?

The ECG recordings will require some time to be analysed. Your doctor will inform you of the results usually at your next outpatient clinic visit.

Location



- Linkway @ Level 1 via MRT station (Exit A)
- Linkway @ Level 1
- Linkway @ Level 4
- Drop-off only
- Bus Stop
- Carpark
- Taxi Stand / Drop off
- Kent Ridge MRT Station @ Level 1



National University Hospital
5 Lower Kent Ridge Road, Singapore 119074
Tel: 6779 5555 Fax: 6779 5678 Website: www.nuh.com.sg

Contact Information

National University Heart Centre, Singapore

1 Main Building of NUH, Diagnostic Cardiac Laboratory, Level 3.

Opening Hours: 8.30 am - 5.30 pm (Monday - Friday)

Closed on Weekend & Public Holidays

Website: www.nuhcs.com.sg

Getting to NUH

Circle Line Kent Ridge MRT Station

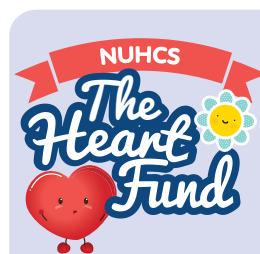
Commuters can transit at the Buona Vista MRT interchange and alight two stops after at the Kent Ridge Station. The station is served by three exit-entry points.

Exit A: Right at the doorstep of National University Heart Centre, Singapore.

Exit B: Along South Buona Vista Road, which links to Singapore Science Park 1.

Exit C: Leads to NUH Medical Centre.

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Make a donation and help us continue the fight for every heartbeat!

To make an online donation, log on to <http://sggives.org/nuhs>.

National University Heart Centre, Singapore

A member of the NUHS



24-Hour Ambulatory Electrocardiogram (ECG) Monitoring

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STEP 01



Download a FREE QR Reader on your smartphone and scan the QR code.

STEP 02



The QR code will decode instantly. You'll be brought to www.youtube.com/user/NUHCS



Scan the QR code

What is An 24-Hour Ambulatory ECG Test?

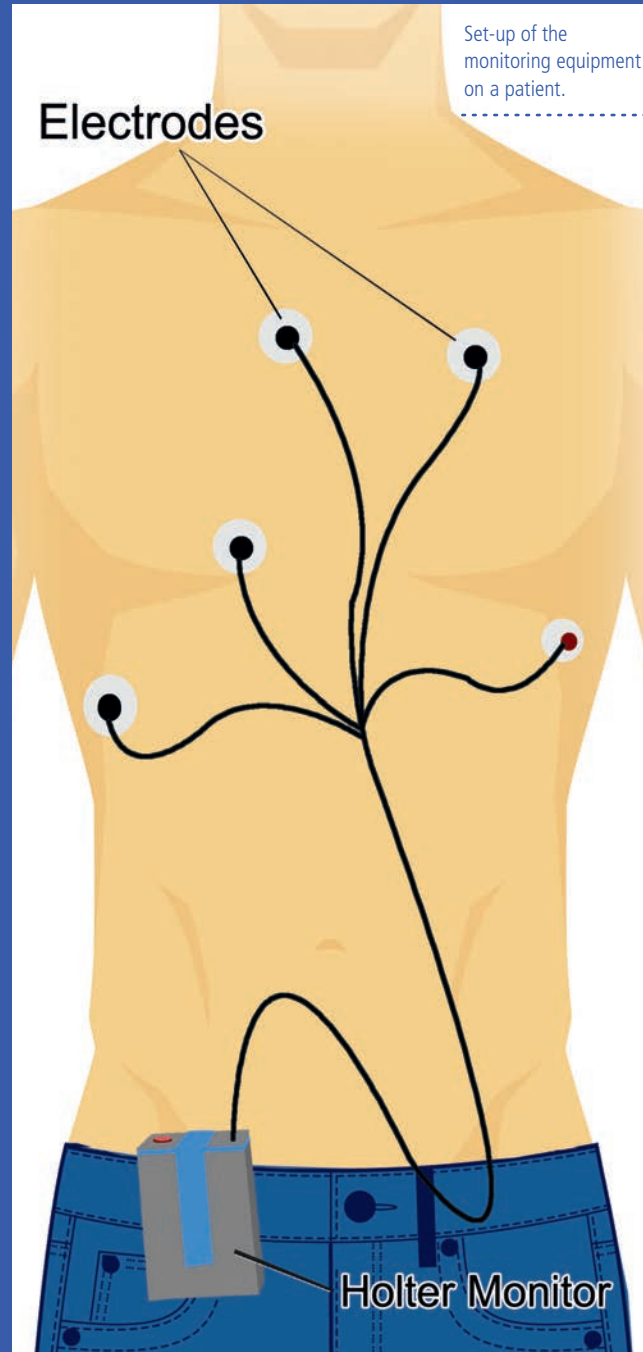
An electrocardiogram, or ECG, is a recording of the heart's electrical activity. Routine ECGs record your heartbeats occurring within a minute.



An ambulatory ECG recorder with a \$10 note for size comparison.

A ambulatory ECG monitoring test, also called the Holter monitoring test, monitors your heart when you are doing your normal activities. It records heartbeats over an entire day so that as many as 100,000 heartbeats are stored. These beats are then analysed to determine any abnormal heart rates and rhythms (arrhythmias).

Your doctor may advise this test if he or she suspects that you are having bouts of an abnormal heart rate or rhythm, for example, if you have palpitations or episodes of dizziness. Some arrhythmias 'come and go', and may only last seconds or minutes. They may never be found when you are examined by a doctor. So, the test may help to detect an arrhythmia.



What is the purpose of this test?

Prolonged monitoring is ideal for detecting intermittent heartbeat and rhythm abnormalities, studying the effect of activities or time of day on the heart rhythm, or simply obtaining more detailed information about the heart's behavior. It may be used to assess whether abnormal heart rhythm or rate could be the cause of certain symptoms such as giddiness, fatigue, palpitation, shortness of breath, chest pain or a fainting spell, so that the right treatment can be given. When you have symptoms during the recording, it is very useful to know what your ECG looks like at the very precise moment. Besides rhythm disturbance, the ambulatory ECG can detect periods when the heart is suffering from the effects of inadequate blood supply, or myocardial ischaemia. When you are asleep, any abnormality will also be recorded.

How is the test conducted?

A few ECG monitoring cables or "electrodes" will be attached to your chest. They cause little discomfort and are harmless. To ensure that good tracing is obtained, some body hair may be removed where the electrodes are placed. The electrodes are connected to a small lightweight recorder (often called a Holter monitor). The recorder is attached to a belt which you wear round your waist. It is like wearing an mp3 player. The electrical activity is usually recorded for 24-48 hours. The fitting of the equipment generally takes less than 20-30 minutes, after which you can leave the hospital. Upon your return on the following day, the recorder will be removed and connected to the computer for data transfer and analysis.

