

Patient and Family Education

CONTINUOUS ECG MONITORING

Dear Patient,

This information is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always consult your doctor or healthcare professional for detailed medical advice.

About your condition / procedure

An electrocardiogram (ECG) is a non-invasive, painless test that records the electrical activity of the heart. It detects any irregular heart rhythm or abnormal signs. Continuous ECG monitoring uses a battery-operated portable device to transmit continuous ECG recordings of your heart's electrical activity from electrodes taped to your chest.

(Scan the QR code for more information)



Safe Use of Device



- **Do not** remove the ECG electrodes, battery or any part of the portable device.
- Do not drop the portable device.
- Keep the portable device dry at all times.

Activity / Rehabilitation



- You may carry out normal activities, except shower.
- **Strictly no showers**, unless permitted by your doctor.
- Avoid leaving the ward as the portable device's signal will be lost.
- Avoid vigorous exercise/movement as it will affect the ECG readings.

Precautions



- Shaving of your chest area may be required for better adherence of electrodes.
- Inform staff if:
 - You have an allergy to plaster or adhesive tape.
 - You experience skin irritation or rashes with the electrodes used.