

What are the potential risks/complications with this test?

There are no major side effects associated with this test. 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.

Contact information

Cardiac Clinics
Main Building 1, Level 1

Opening Hours: 8.30 am - 6.00 pm (Mon - Fri)
8.30 am - 12.00 noon (Sat)
(except on Public Holidays)

For appointments, please contact
Tel: (65) 6772 2002
Email: appointment@nuh.com.sg

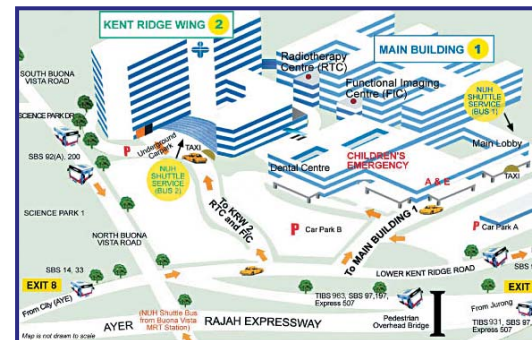
For International Patients And Visitors
The International Patients Liaison Centre (IPLC) is a one-stop service centre to support all the medical needs of our foreign patients

Tel : (65) 6779 2777 (24-Hours Helpline)
Fax : (65) 6777 8065
Website : www.nuh.com.sg/iplc.html



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

Location



Free Shuttle Bus Service

Free Shuttle Bus Service from Dover MRT Station to NUH

Operation hours : 8.00 am – 8.30 pm (Mondays – Fridays)
8.00 am – 2.00 pm (Saturdays)
Not available on Sundays and Public Holidays

Dover/NUH passenger pickup/ drop off point : 1. Dover MRT Station (opposite Singapore Polytechnic)
2. Main Building, Lobby Entrance (near roundabout)
3. Kent Ridge Wing, Level 3, South Entrance

For more information on Shuttle Bus schedule, log on to www.nuh.com.sg

Information in this brochure is given as a guide only and does not replace medical advice from your doctor. Please seek the advice of your doctor if you have any questions related to the surgery, your health or medical condition.

Information is correct at time of printing (Jan 2010) and subject to revision without notice.

24-Hour Ambulatory ECG Monitoring

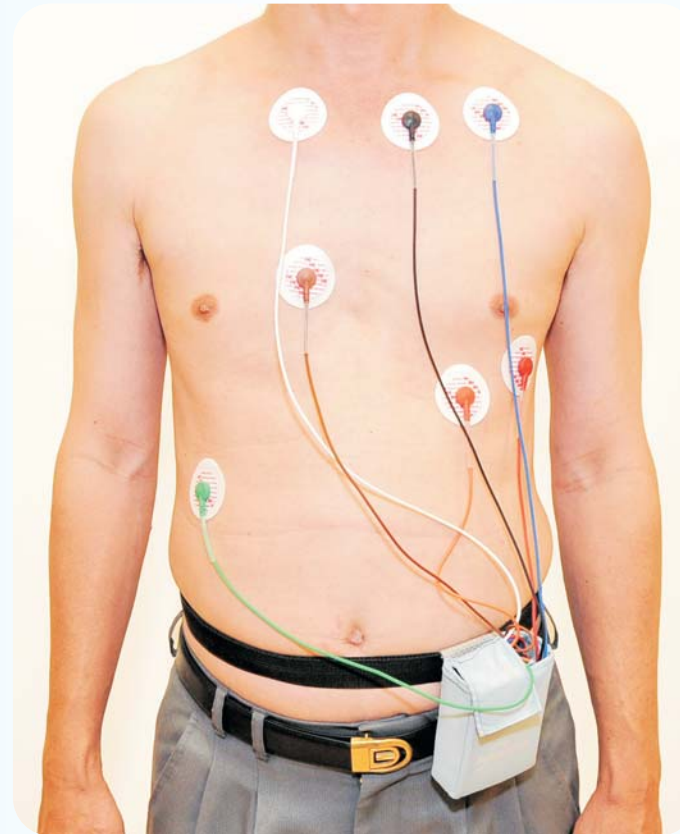


What Is A 24-Hour Ambulatory ECG Test?

An electrocardiogram, or ECG, is a recording of the heart's electrical activity. Routine ECGs record your heartbeats occurring within a minute. A 24-hour ambulatory ECG monitoring test, also called the Holter monitoring test, records heartbeats over an entire day so that as much as 100,000 heartbeats are stored. These beats are then analysed to determine any abnormal heartbeats, rhythm and rate.



An ambulatory ECG recorder with a ten dollar note for size comparison.



Set-up of the monitoring equipment on a patient.

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.

What can I expect?

The test equipment is set up in the Non-Invasive Cardiac Laboratory. 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 lightweight recorder (smaller than a Walkman) that is usually worn at the waist for about 24 hours. The fixing of the equipment generally takes less than 20-30 minutes, after which you can leave the hospital. Upon your return the following day, the recorder will be removed and connected to the computer for data transfer and analysis.

What should I do?

1. On the day of the test, have a good bath before coming in loose fitting clothes to our non-invasive cardiac laboratory. Ladies are advised to come in a two-piece blouse and skirt. 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.