

Ambulatory monitors are small, portable electrocardiograph machines that are able to record the heart's rhythm. Each type of monitor has unique features related to length of recording time and ability to send the recordings over the phone.

You doctor uses ambulatory monitors to:

- Assess your heart rhythm
- Correlate your symptoms with your heart rhythm
- Diagnose abnormal heart rhythms: what kind they are, how long they last and what may cause them
- Guide treatment for abnormal heart rhythms
- Medilyn Pocket Monitor System is used by your doctor

To Prepare:

- Avoid oily or greasy skin creams and lotions where the monitor is applied. They interfere with the electrode skin contact.
- Wear a shirt that can be easily removed to place the electrodes on the chest.
- A pocket monitor is a portable ECG recorder that you wear during your normal daily activities, including sleeping.
- It can be worn from 24 hours up to 30 days. Remove during showering/bathing only.
- Electrodes(Sticky patches) are placed on the skin of your chest. Wires are attached from the electrodes to a box about the size of a pager and worn on a belt or shoulder strap. The electrical impulses are continuously recorded and stored in the Pocket Monitor.
- While you are wearing the monitor, you will report symptoms on the device by following the prompts, such as fluttering feelings in your chest(palpitations), rapid heartbeats, and any episodes of dizziness or faintness. It's important to keep track of the activities you were doing when your symptoms occurred, so your doctor can see what kinds of events are bringing them on.
- When the Pocket monitor test is complete, you will return the Pocket Monitor in the envelope provided and mail through the post office. The technician prepares a full report for the doctor, including a printout of abnormal heart rhythms.

Medilyn cardiac monitoring: 855-847-1009