

# Care Gram

## Mobile Cardiac Telemetry

**Date of Test:** \_\_\_\_\_ **Test Time:** \_\_\_\_\_

### **How Does the Test Work?**

Some symptoms such as dizziness, palpitations, or chest pain may be caused by an abnormal heart rhythm. A mobile cardiac telemetry monitor is used to detect any abnormal heart rhythms. This is a type of handheld monitor that can be worn around your neck. A phone will be given to you so that you can record any symptoms that you may have. All data will be sent to the monitoring company (Biotel) from the monitor. You may continue doing your normal activities while you are wearing the monitor.

### **How Long Does the Test Take?**

Your doctor will instruct you on how long to use the monitor.

### **How Do I Prepare for the Test?**

- Wear a loose fitting shirt or blouse, buttoned in the front.
- Do not wear lotion before or during the testing time.
- Continue taking all of your medications unless your doctor tells you otherwise.

### **How Do I Register for the Test?**

Please call (220) 564-4185 to schedule an appointment to pick-up your monitor. You will pick-up the monitor at the Cardiology department located on the second floor of Licking Memorial Hospital.

### **What Can I Expect During the Test?**

- There are 4 small, plastic tabs called electrodes that you will place on your chest.
- The wires from the monitor are attached to the tabs.
- The monitor records your heart rhythm for the entire length of the test.
- Keep track of your symptoms on the phone provided.
- If you have any questions during the time that you have the monitor, please call the number that is given to you when you pick up the monitor.
- Call Biotel at (800) 418-4111 if you have billing or electrical problems.

### **Why Is It Important to Fill Out My Diary Sheet?**

Your doctor will use your diary to compare your symptoms with the recorded heart rhythm.

- A smart phone will be provided to use as a diary. This smartphone will transmit the data from your heart monitor to Biotel to monitor your heart rate at all times.



**Licking Memorial  
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**How Do I Return the Mobile Cardiac Telemetry Recorder?**

Return your Mobile Cardiac Telemetry recorder on the instructed return date so that your doctor will get your results in a timely fashion. Please place all items in the box. Place the box in the prepaid envelope provided. Mail back to Biotel.

**Finding Out the Results**

The results of the test will be sent to the doctor who ordered the test in about 7-10 days after the monitor is returned in the mail.