

## Electrocardiogram (ECG), event monitoring

The purpose of the examination is to record your ECG during any symptoms that may occur over the monitoring period. You will keep the device for about 3 days.

Setting up the monitoring device takes about 30 minutes.

### Preparation for examination

You can eat and drink as usual.

Do not wear a low-cut shirt.

Do not moisturize the skin on the chest area prior to the monitoring.

Take medication according to your doctor's instructions. Generally, you can continue your regular medication during the ECG monitoring period.

### Examination

Two single-use ECG electrodes are placed on your chest, and the small monitoring device is attached to the electrodes. During the monitoring period, you should press the button on the device when you feel any symptoms. Each time you press the button, write down the date, the time of the day, and your symptoms. The nurse will give you the diary to fill.

**You must keep the device and the electrodes dry.** Remove the device while you take a shower. The nurse will give you further instructions.

Try to **keep to your regular daily routine as much as possible** during the monitoring.

After the monitoring period ends, please remove the device at home and return it **immediately** to your examination location.

### Other things to note

Please take your health insurance card (Kela card) or identity card with you.

You will receive the results of the examination from the doctor who treats you. If you do not know how to find out the results, please contact the outpatient clinic or ward that referred you to this examination.

If you are **unable to return the device immediately** after monitoring ends, please inform us as soon as possible.

You will not be charged for the examination separately.

Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.

