

## ECG, Event monitoring, Zenicor

The purpose on this examination is to find out if the symptomatic events you experience are caused by a functional disruption in the heart.

Registration time is:

- 2 weeks
- 4 weeks

Please reserve approximately 30 minutes for the visit.

### Preparation for examination

You may eat, drink and take your medication as usual.

### Examination

You will receive a device resembling a mobile phone, which registers your ECG from the fingertips.



The nurse will instruct you on how to use the device. You also have a chance to practice using the device. Please follow the instructions carefully. As you register your ECG, you need to stay calm and focused in order for the ECG sample to be of the best possible quality.

You will hold the registering device for approximately 2 to 4 weeks, depending on the onset of your symptoms. Tell the nurse if you experience symptoms very often. In this case, the monitoring period can be shorter.

When you develop a symptom, take an ECG sample as instructed. After pressing the button, describe the symptom in a diary. Also write the date and time of the symptom. If you have no symptoms, take one sample each day and send it.

During the monitoring period, follow your regular daily routines and carry out your daily chores as usual. Try to get into situations where the symptom occurs. The device must not get wet.

Return the device to the same unit where you received it. The nurse will give you instructions for the return.

### An example on how to fill in the diary:

No.	Date	Time	Symptom
1	Jan.21	7:37	hearth palpitation
2	Jan.21	21:30	chest pain
3	Jan 22	7:17	shortness of breath

### Other things to note

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

Your attending physician will inform you of the test results. Please contact the unit responsible for your care if you do not already have a scheduled appointment or a phone consultation with your doctor.

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.