

Electrocardiogram (ECG), long-term monitoring

The purpose of the examination is to record your ECG. You will keep the device during the whole monitoring period.

The following has been booked for you:

- ECG, long-term monitoring, 24 hours
- ECG, long-term monitoring, 48 hours
- ECG, long-term monitoring, 72 hours

Setting up the monitoring device takes approximately 30 minutes.

Preparation for examination

You can eat and drink as usual.

Your upper body must be bare for the examination. Please wear clothes that are easy to undress. Do not wear a low-cut shirt, so that the tapes on your chest remain hidden.

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

Five to seven single-use ECG electrodes are placed on your chest, and the electrodes are attached to the monitoring device with wires. The monitoring device is small, and you can wear it on your waist or on a shoulder strap. You will also fill in a diary.

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

You must keep the device and the electrodes dry. Try to **keep to your regular daily routine as much as possible** during the monitoring.

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.

Please contact your examination location as soon as possible, if you cannot attend your scheduled appointment or **if you are unable to return the device immediately after the monitoring ends.**

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.

Date of entry: 28.12.2020

Language versions: EKG, pitkäaikaisrekisteröinti; EKG, Långtidsregistrering; ECG, long-term recording

Examination: : 8107 Pt-EKG-Pa1 EKG, pitkäaikaisrekisteröinti potilasohjaus, laitteen kytkentä ja irrotus, 6016 Pt-EKG-24 EKG, pitkäaikaisrekisteröinti (24 h), kytkentä ja analysointi, 1279 Pt-EKG-Pa EKG, pitkäaikaisrekisteröinti (24 h), kytkentä, analysointi ja lausunto, 8016 Pt-EKG-48 EKG, pitkäaikaisrekisteröinti (48 h), kytkentä ja analysointi, 6017 Pt-EKG-48L EKG, pitkäaikaisrekisteröinti (48 h), kytkentä, analysointi ja lausunto, 6019 Pt-EKG-72L EKG pitkäaikaisrekisteröinti (72h), kytkentä, analysointi, lausunto

Tunniste: 6295

How to fill in the diary

The nurse will give you a diary to fill. During the monitoring, write down all your activities and possible symptoms, as well as when you took your medicine. The nurse will give you further instructions.

For the ECG monitoring to be successful, it is very important that you record everything carefully in the diary.

Time of day:

- When the activity started and ended

The activity, what did you do:

- For instance: household chores, resting, on a walk, having a meal, going to bed, getting up

Time of day of symptom or medication:

- The exact time of your possible symptoms
- The exact time you took your possible medication

Symptom, medication, name and dose:

- The symptom, e.g. chest pain, shortness of breath
- The medication you took (name and dose)

An example on how to fill in the diary:

Time	Activity	Symptom or medication time	Symptom, medicine name, dose
17:05– 18:10	on a walk	17:29	heart palpitation
18:10– 19:05	household chores		
19:05– 19:30	having a meal		
19:30– 21:35	watching TV	20:47	chest pain
19:33	evening coffee		
21:35– 21:50	bed-time routine		
21:50	going to bed	20:51	nitro
6:45	woke up	06:50	Emconcor 5 mg