

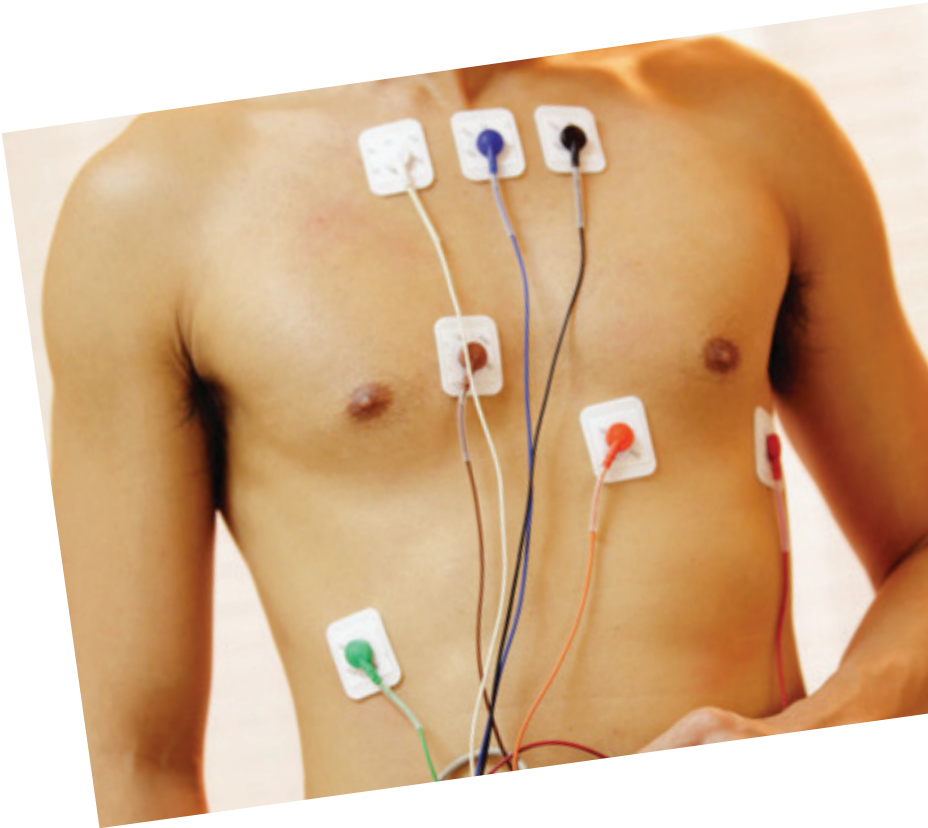
Ambulatory ECG



Cardiology services are provided in the Specialist Outpatient Clinic, Emergency Department, Intensive Care Unit and as an inpatient service. A full spectrum of care is provided to cardiac patients as well as healthy individuals who wish to reduce their future risk of cardiovascular disease. Our patients may be referred from the polyclinics or from private practitioners.

What is a 24-hour ambulatory ECG test (holter)?

Holter is a test where your electrical heart rhythm is continuously monitored for 24 hours and recorded onto a special portable recorder. The results are then analysed for abnormal heartbeat, rhythm and rate.

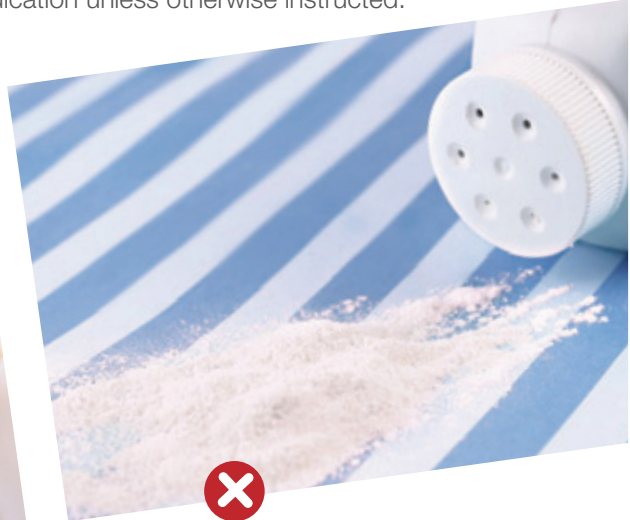


What is the purpose of this test?

Your doctor may arrange for you to take the test if you have chest discomfort, palpitations or fainting spells. The test detects abnormal heart rhythms which last for short periods and may not be detected when you see your doctor. Sometimes it is used to monitor the response or side effects of medication.

Before the test

- There is no need to fast.
- Men should shave before coming for the test.
- Take a bath and wear loose-fitting clothing, preferably something that is two-pieced (e.g. shirt or blouse and skirt or pants).
- Do not apply lotion, oil or powder to the chest.
- Continue with your current medication unless otherwise instructed.
- No admission is required.



You are advised to come at least **15 minutes** before your appointment and call us in advance to reschedule if you are unable to come. You are required to return the device when you return to the hospital the next day.

What can I expect?

The cardiac technologist will place electrodes on your chest. These electrode cables are connected to a small device which will be strapped to your waist. You will wear this device continuously for 24 hours.

During this time, you can continue with your normal activities, but avoid vigorous physical activities as they could affect the recording or cause the electrodes on the device to disconnect. Avoid showering, swimming or engaging in water sports that could make the device wet.

You will be given a diary to record your activities and any symptoms you experience during the test. Accurate interpretation of your ambulatory ECG recording depends on the recordings in your diary.

The device generally takes less than 30 minutes to set up, after which you can leave the hospital. Upon your return the following day, the device will be removed and connected to the computer for data transfer and analysis.



Is the test safe?

There is generally no risk involved. However, some patients may experience skin irritation from contact with the electrodes. Please inform the technologist or doctor if you encounter any problems. We strongly advise that you do not remove or tamper with any part of the device as this will affect the validity of the test.

When will I know the results?

The ECG recordings will require some time to be analysed. Your doctor will inform you of your results during your next appointment.

Notes:

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

General enquiries: 6716 2000 Fax: 6716 5500

www.juronghealth.com.sg

Clinical and appointment line hours (closed on Sundays and public holidays)

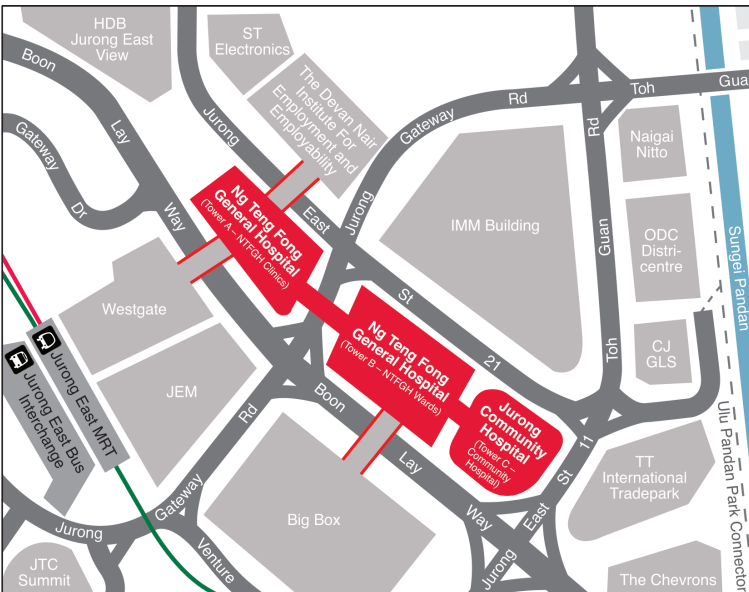
For appointments, please call 6716 2222

Monday - Friday 8.00am - 5.30pm, Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233

Monday - Thursday 8.00am - 5.30pm, Friday 8.00am - 5.00pm

Getting there



By train

Jurong East MRT Station

By bus

From Jurong East Bus Interchange

SBS 51, 52, 66, 78, 79, 97, 97e, 98, 98M, 105, 143, 143M,

160, 183, 197, 333, 334, 335, 506

Along Boon Lay Way

SBS 99, Private bus service 625

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.