

# Patient Event Monitoring



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 patient event monitoring?

Patient event monitoring is a procedure where you carry a portable medical device for about a week to record your heart rhythm and any symptoms such as palpitations, chest pain or fainting spells. This is similar to doing an electrocardiogram (ECG), however, the standard ECG only records your heartbeat for a few seconds.

## What should I do?

- Do not apply lotion or powder on your body.
- Continue with your current medication unless otherwise instructed by your doctor.
- You can shower but remember to dry yourself before using the device again.



You are advised to come at least **15 minutes** before your appointment. Please call us in advance to reschedule if you are unable to come.

## During the test

A cardiac technologist will explain to you how to use the patient event monitor. This may take about 20 minutes. You will be given a diary to record your activities and any symptoms you may experience. During this period, you can continue with your normal activities. After a week, the event monitor will be connected to a computer for data transfer and analysis.



## Is the test safe?

There is generally no risk involved.

## 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.

## What is the purpose of this test?

A cardiologist will often use these event monitors to diagnose arrhythmias. Cardiac arrhythmias are problems with the rhythm and speed of the heartbeat. In the event of an arrhythmia, you may feel your heart beating irregularly. You may need an event monitor if the cardiologist suspects you have a heart rhythm problem. People who are treated for heart rhythm problems may also need to use the event monitor to determine if the treatment is working properly.



## 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](http://www.juronghealth.com.sg)

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

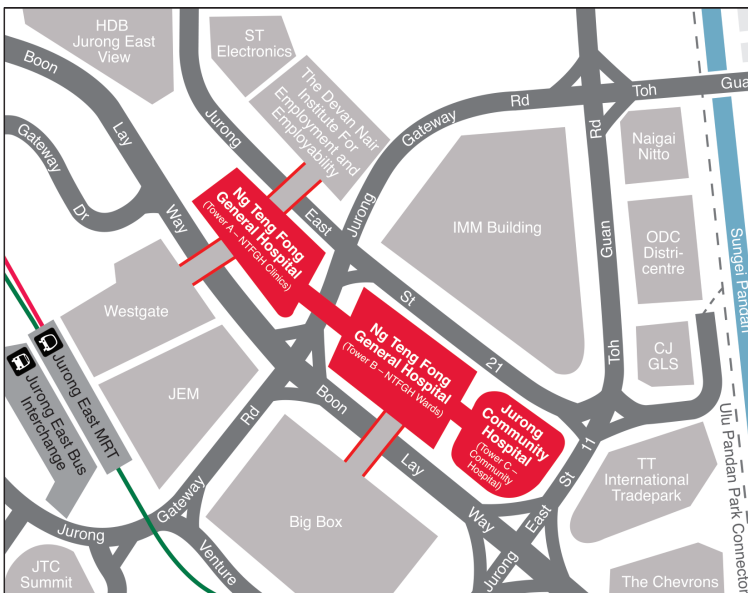
For appointments, please call 6716 2222

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.