

# Patient Event Monitoring



## 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. With 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.



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 the use of the patient event monitor to you. This may take about 20 minutes. You will be given a diary to record your activities and any symptoms you experience. During this period, you can continue with normal activities. After a week, information collection from the event monitor will be analysed.



## Is the test safe?

There is generally no risk involved for this test.

## When will I know the results?

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

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

\*Please refer to our websites for more details.

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

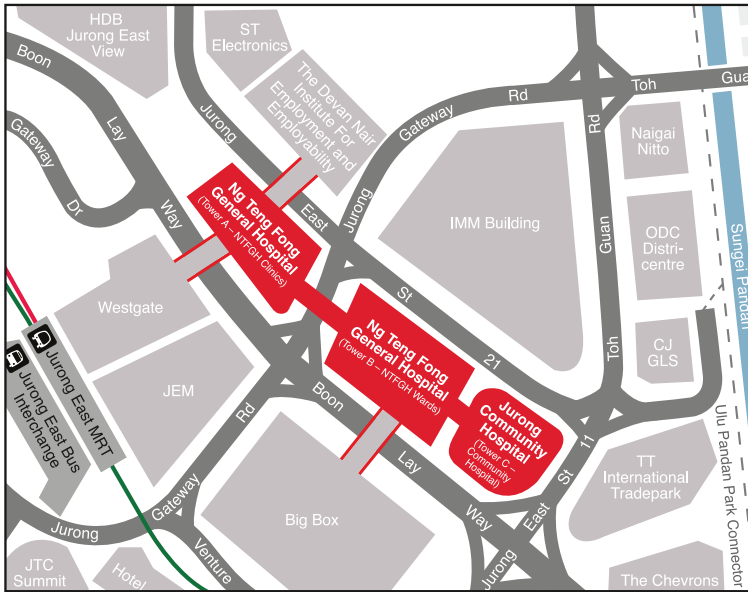
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [JHCampus\\_Dental@nuhs.edu.sg](mailto:JHCampus_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

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