



## Event Monitor Recorder

### What is an event monitor?

An Event Monitor Recorder is a recording device used to record the heart rhythm. It is similar to an EKG. You can wear the recorder over a period of 14 days to 30 days, while you go about your usual daily activities. When you feel symptoms, you press a record button and the event monitor records and stores up to five events of your heart's electrical activity. The Event Monitor Recorder is about the size of a pager. You can clip it to a belt, your pants, or place it in your pocket. Two electrodes (sticky patches) are worn on your chest. A wire attaches the electrodes to the Event Recorder. The Event Monitor Recorder is worn day and night, and continuously scans your heart's electrical activity.

### What is an Event Monitor Recorder used for?

If you have been having recurrent symptoms, such as dizziness, chest pain, palpitation, or fainting spells, the doctor will use an Event Recorder to help determine if these symptoms are caused by an arrhythmia.

During an arrhythmia (abnormal heart rhythm), the heart will either beat too fast, too slow, or irregularly. Doctors can diagnose an arrhythmia by obtaining an EKG, a recording of the heart's electrical activity. Quite often, an arrhythmia will not occur in a brief period of actual recording like when you are getting an EKG at your doctor's office. If your doctor suspects you have an arrhythmia, he or she will want to record the EKG when you are having symptoms.

If your symptoms are infrequent, you may require the use of an Event Recorder to catch your EKG during your symptoms.

### How do I prepare for the test?

There is no special preparation for event monitoring. You may eat and go about your normal activities, unless you are told otherwise.

### How long does this test take?

Instructions and set up take about 15 to 30 minutes to complete.

**Melrose-Wakefield Hospital**  
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