

24-hour tape recording (also known as Holter monitoring)

Your appointment date is: _____

Your appointment time is: _____

Follow the signs to the Cardiology department on the ground floor of the Royal Free Hospital and report to reception with this letter.

Your doctor wants you to wear a device that monitors your heart for 24 hours. This is because heart problems may not show themselves in the relatively short period of time that it takes to perform a routine ECG (electrocardiogram). For the test you need to undress to the waist and the technician will attach three electrodes to your chest. A small recorder will then be connected to these electrodes, which will record each beat your heart makes for the next 24 hours. We will give you a diary to document any other symptoms you experience during this period.

Please keep the monitor dry at all times, and return it promptly to the Cardiology department 24 hours after fitting so that it is available for another patient.

If you have any queries about this investigation please contact us on 020 7472 6568 during office hours.

Don't be a DNA (Did Not Attend)!

We have worked hard to reduce the time people have to wait to get an appointment for this clinic.

Please let us know in advance via the contact number above if there is an exceptional reason why you cannot attend your appointment. If you do not do so, we will NOT book another appointment for you and you will need to go back to your GP for another referral.