

# Event Monitor



Interior Health  
*Every person matters*

Patient Information

[www.interiorhealth.ca](http://www.interiorhealth.ca)

## What is an Event Monitor?

An event monitor is a small device that is used to detect and record abnormal heart rhythms (arrhythmias). The technologist applying the event monitor will prepare your skin prior to hooking up the monitor. The monitor will be connected to your chest using small adhesive stickers and wires.

## Why did my doctor order an event monitor?

An event monitor is often ordered if you're experiencing any of the following:

- Dizziness
- Palpitations
- Pulseless limbs
- Symptoms of a stroke or transient ischemic attack
- Syncope

## How long will the procedure take?

- The event monitor hook-up will take approximately 30 minutes
- The monitor will be worn for 3, 5, 7 or 14 days

## Preparation for the procedure

- Patients are asked to avoid using moisturizers and other skin products on the day of the appointment

## What to expect after the procedure?

- Continue with normal daily activities while wearing the monitor
- Remove the monitor before bathing, showering or swimming
- Reapply the monitor to clean, dry skin
- Follow instructions on how to care for the monitor and how to fill in the Event Monitor Diary provided at the time of hook-up
- Return the monitor as instructed

Healthlink BC	Nurse	24 hours a day	Daily	<i>Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.</i>
<b>Call 8-1-1</b>	Dietitian	9 am–5 pm	Mon–Fri	
	Pharmacist	5 pm–9 am	Daily	
	Hearing Impaired	Call 7-1-1		
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