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## Information for Patients & Families

# Cardio memo



Self activated heart recorder

**This leaflet has been written to provide information about a cardio memo device. We hope it answers some of the questions or concerns you may have about the test. It is not intended to replace talking with medical or nursing staff.**

### ***What is a Cardio memo?***

A Cardio memo is a small device that is usually worn for 2 weeks; it records your heart rate and rhythm when you activate it. This is used to investigate symptoms such as palpitations, dizziness and collapse/fainting.

### ***What can a Cardio memo show?***

You can active the Cardio memo to record your heart rhythm when you experience your symptoms by pressing the small green button.

### ***How is it done?***

The Cardiac Physiologist (specialist technician) will prepare you skin by exfoliating the area using small abrasive pad. This is to ensure a good recording is obtained and then two sticky electrodes will be placed on your chest. The device will then be attached to your chest via two small wires. You will be give spare electrodes to change when necessary. The Cardiac Physiologist will explain how to remove the recorder whilst you take a bath or shower and reattach it afterwards.

**IMPORTANT: You must no allow the Cardio memo to get wet.** You will also be asked to keep a diary whilst wearing the device and make a note of you symptoms when the device has been activated.

### ***Can I continue with normal activities whilst wearing the Cardio memo?***

Keep to your normal routine including any activity that would normally bring on your symptoms.

### ***What are the benefits of having the test?***

The Cardio memo can provide you doctor with important information of you heart rhythm when you have symptoms.

### ***Are there any risks involved?***

There are no know risks. Occasionally some people have an allergic reaction to the sticky electrodes placed on the skin. You should inform the physiologist if you are allergic to elastoplasts.

### ***What alternatives do I have?***

This depends on you symptoms. Your doctor will be happy to discuss any alternative test if they are applicable to you.

### ***What happens next?***

It is very important that the device is returned within the agreed time to enable us to consider the results of your recording and determine your future treatment. We have a large number of patients waiting for these devices so returning the monitor on time is essential in order for another patient to receive treatment.