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Information for Patients & Families

R Test - Small portable monitor to record heart rhythm



What is an R test?

An R test is a small unobtrusive automatic ECG (heart tracing) recorder which can be worn from 1 week up to a maximum of 4 weeks. Your doctor will decide the length of time best for you. The R test can help to diagnose various symptoms that may not happen very often or have not previously been picked up by an ECG.

What can an R test show?

The recorder will monitor and record any changes in your heart rate and rhythm. This will automatically detect and store sections of your heart rhythm that may be of interest to your doctor.

How is it done?

A Cardiac Physiologist (specialist technician) will prepare your skin by using a small abrasive pad to exfoliate your skin. This is to ensure a good recording is received. They will then place two sticky electrodes on to your chest. The recorder will then be attached on to the electrodes. You will be given spare electrodes to change when necessary.

The Cardiac Physiologist will discuss with you how to remove the recorder whilst you take a bath or shower and reattach it afterwards. **IMPORTANT: You must not allow the R test recorder to get wet.** You will also be asked to keep a diary whilst wearing the device and make a note of any times you have symptoms.

Can I continue with normal activities whilst wearing the R test recorder?

Keep to your normal routine including activities that will normally bring on your symptoms.

What are the benefits of having the test?

The test can provide your doctor with important information about your heart rhythm that may require further tests or investigations.

Are there any risks involved?

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

What alternatives do I have?

This depends on your 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 recorder and diary are 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 recorder on time is essential in order for another patient to receive treatment.