



CARDIOVASCULAR MEDICINE PATIENT INSTRUCTIONS

30 DAY EVENT MONITOR

Patient: _____ Appointment Date: _____

Appointment Time: _____ am/pm

Location: Cardiovascular Medicine Department at Mankato Clinic
1230 East Main Street, Mankato, MN 56001

Please check in at the Cardiovascular Medicine Department

The Mankato Clinic requires all patients, caregivers or essential companions to be screened and masked upon entering all of our locations. Please bring a mask with you to your next appointment. If you do not have a mask, one will be provided. If you are unable to keep your appointment or have questions, please call 507-389-8519.

What is a/an 30 Day Event Monitor test:

Event monitors let your doctor look at your heart's activity at rest and at one point in time. But abnormal heart rhythms and cardiac symptoms may come and go. The main purpose of an event monitor is to record your heart rate and rhythm during a symptom ("event"). Your doctor may recommend an event monitor when symptoms are infrequent – less than daily. You may be asked to wear a cardiac event recorder if you have symptoms (palpitations), fast, slow or irregular heartbeats called arrhythmias.

How do I prepare for the test:

- There are no special instructions to prepare for this test.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.

What will happen during the test:

- The Cardiology nurse or technician will go over placement and usage of the monitor during the appointment. You will be given extra supplies and a handout describing the application and operation of the event monitor.
- The skin is cleaned and leads are applied to your chest. The electrodes are to be replaced every three days or as needed. Extra electrodes are provided.
- You can then go about your daily routines.
- To shower, you are able to disconnect the leads and device but leave the electrodes on.

Instructions for after your test:

- Your provider will share the results of your test with you at your follow-up appointment. If you do not have a follow-up appointment, your provider may contact you by letter. If not, you may contact your provider's office five to seven business days after your test to obtain results.