



CARDIOVASCULAR MEDICINE PATIENT INSTRUCTIONS

EVENT MONITOR/MCT (7-14 days)

Patient: _____ Appointment Date: _____

Appointment Time: _____ am/pm

Location: Cardiovascular Medicine 1st floor at Mankato Clinic
1230 East Main Street Mankato, MN 56001
Please enter the Mankato Clinic front door (marked #50)

Please check in at the Cardiovascular Medicine Department

If you are unable to keep your appointment or have questions, please call 507-389-8519.

What is an Event Monitor/MCT test:

Event monitors allow your doctor to observe your heart's activity both at rest and during specific events. Since abnormal heart rhythms and symptoms may not always be present, the main purpose of an event monitor is to record your heart rate and rhythm during these occurrences. Your doctor might recommend an event monitor if your symptoms are infrequent, occurring less than daily, such as palpitations or irregular heartbeats known as arrhythmias. During the setup process, which typically lasts around 30 minutes, the device will be comfortably fitted for you to wear. Unlike event monitors, mobile cardiac telemetry (MCT) provides continuous monitoring and is overseen in real-time by trained professionals, enabling faster detection of arrhythmias. Both tests offer the same duration of monitoring, but MCT offers the advantage of continuous and real-time oversight.

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 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.
- Device will require periodic charging, nursing will review that process during your appointment

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.