

COMMUNITY CARDIOLOGY SERVICE - A GUIDE FOR PATIENTS R Test Monitor Appointment

Your appointment

Your appointment will be held at a GP surgery which offers free parking. Finding free spaces can sometimes be difficult so please leave plenty of time.

If you need to cancel or re-arrange your appointment, please call **01420 560817**.

- You will be seen by a cardiac physiologist who will fit the monitor for you and show you how it works. You will not see a doctor at this appointment.
- An R Test device will be attached to you by putting two stickers (called electrodes) onto your chest to record your heart rate and rhythm.
- After the device is fitted you can return home and carry on the usual daily routine, this device can be detached from the electrodes for a short time to allow you to take have a bath or shower.
- The device is fully automatic, so no buttons need to be pressed. It will however emit an intermittent chirping noise if the electrode is loose or the device is disconnected. Either replace the electrode(s) or reattach the device to the electrodes if you have disconnected it.
- The device will be worn for 7 days but in some circumstances, we may ask you to wear it for longer.
- Fitting the monitor will take approximately 15 minutes.
- **Please ensure you return the monitor by the date and time stated at your appointment.** The result will be reviewed by a cardiology doctor and a letter will be sent to your GP. If you need to be seen by the doctor you will be offered a further appointment in the cardiology clinic at one of our community locations.

If you have any comments or concerns about this service, please contact us on the telephone number above or email **whccg.mhhcardiology@nhs.net**

For further information about the service and clinic locations please visit our website:
www.communitycardiologyservice.co.uk