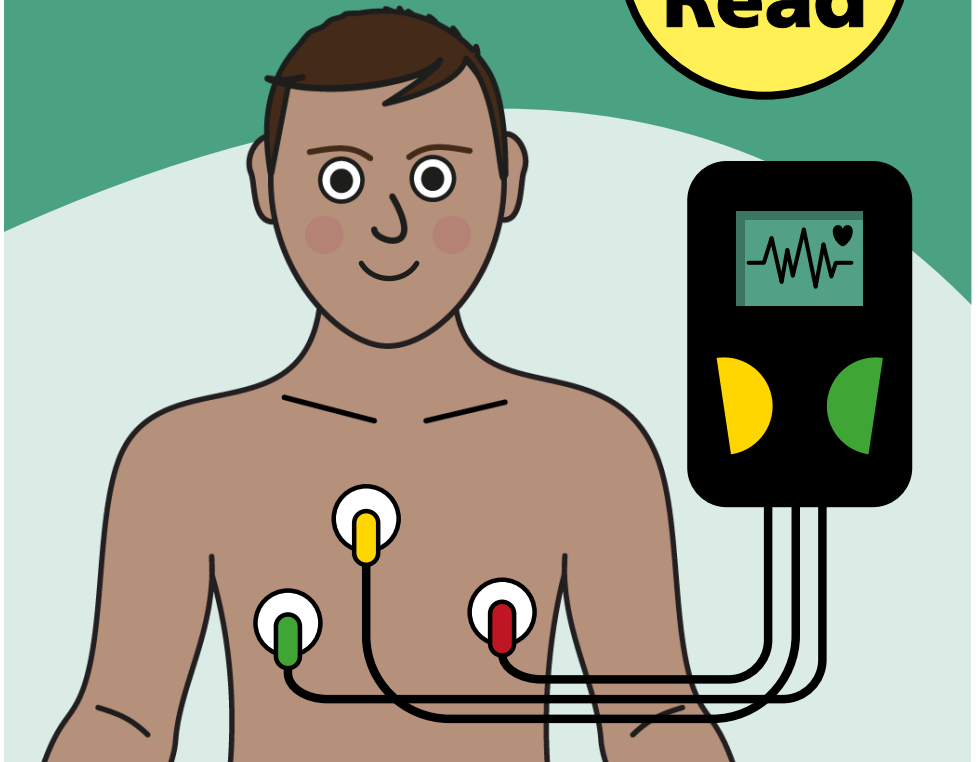


# 24 Hour ECG

Information for patients,  
carers and relatives

**Easy  
Read**



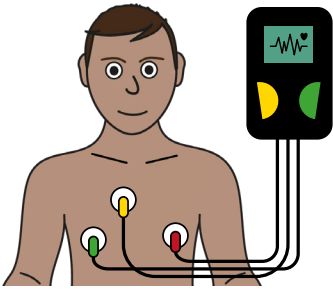
## easy read



This booklet uses easy words and pictures.

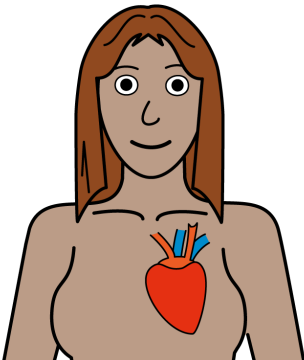
You might want to ask someone to help you read it.

## ECG



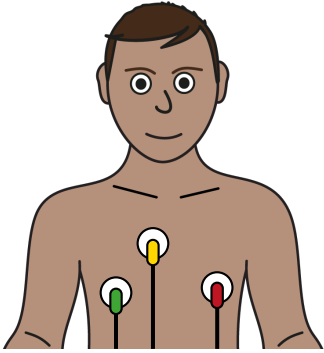
You are having a 24 hour ECG (electrocardiogram).

## heart

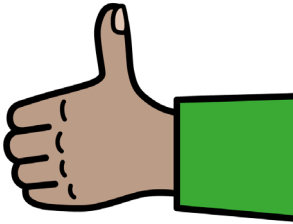


This is so the doctors can check how your heart is working.

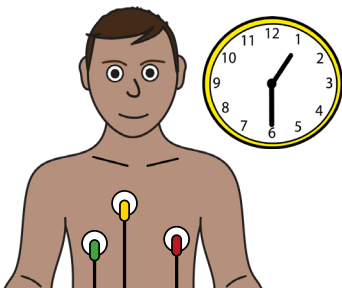
**stickers**



**no pain**



**keep  
stickers on**

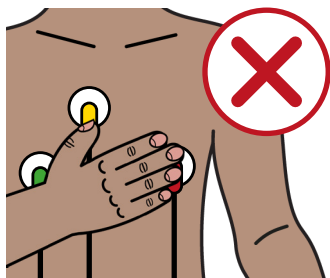


You will have some stickers placed on your chest.

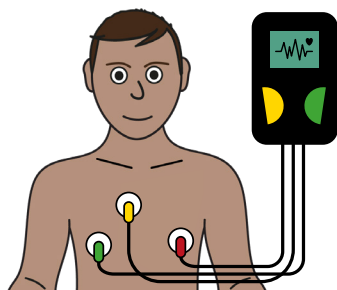
These will not hurt.

It is important you keep the stickers on all of the time.

**DO NOT touch**



**stickers and  
box**



**DO NOT touch**



Do not touch the stickers.

The stickers will have a wire which is attached to a box.

This box is a little machine that records the information.

Do not to play with the box, as it might break.

## fit in pocket



The box should fit into a pocket on your clothes.

## daily activities



You can still do your normal activities while wearing the ECG.

## sleep wearing ECG



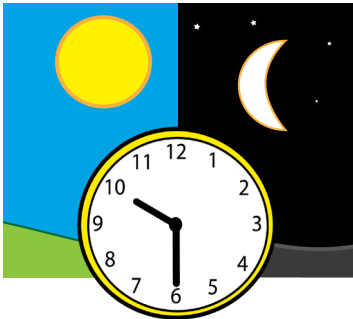
You can sleep while wearing the ECG.

**DO NOT bath,  
shower or  
swim**



You cannot get the stickers, wires or box wet so do not shower, bath or swim while they are on.

**24 hours**



The stickers, wires and box will stay in place for 24 hours.

This is the same as a whole day and night.

**keep a diary**



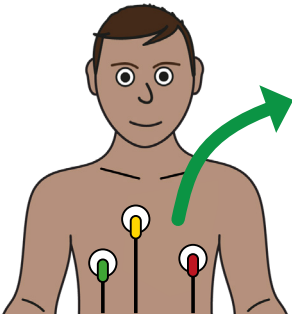
You need to keep a diary of what happens that day. Any symptoms you get and what time you get them.

## doctor



After 24 hours you will go back to see the doctor.

## take stickers off



You will be able to take the stickers off.

## information



The doctor will then look at the information on the box.

## next steps



The doctor will let you know what to do next.



**What did you think of your care?**

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

***Your views matter***



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