



NHS

Great Ormond Street
Hospital for Children
NHS Foundation Trust

Having a heart recorder device (Easy Read)



If you have heart flutters, feel dizzy or faint, it might be caused by your heart but it might not.



Having a heart recorder device put under the skin on your chest can help the doctors work out what is making you feel like this.



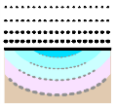
The device is about the size of half an ice lolly stick. It records what happens to your heart when you have these symptoms.



You will need to have the device put in during a short operation.



You can have a general anaesthetic for the operation. This means you will not feel anything or know what is happening.



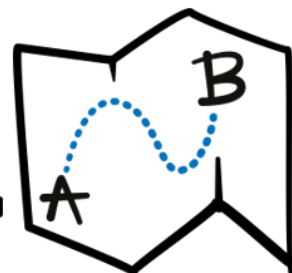
You could choose to be awake for the operation. The doctors would make your chest numb so you don't feel anything.



You might feel a bit sick or dizzy after an anaesthetic. This will not last long. You can go home when you are feeling better.



Your chest might feel a bit sore. You can take some pain medicine to help.





There will be a dressing on your chest. You can take this off five days after the operation.



You can have a shower when you have taken off the dressing. Do not wash your chest for a few days to let it get better.



Try to spend the next few days quietly at home. You need time to get better after the operation.



You can start sports and games one week later. Try to avoid being knocked in your chest. It may hurt.



Do not put your mobile phone in a pocket near your chest.



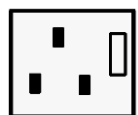
Your nurse will phone you about a week after the operation. They will ask how you are feeling.



You will need to come back to hospital for a check-up a few weeks later.



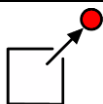
You will need to download from the device each time you get symptoms.



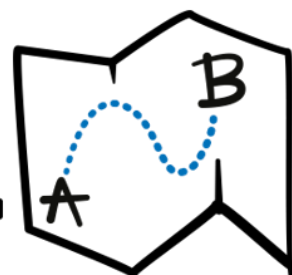
Make sure you have a mobile phone signal and you are near a plug socket before you start.



Push the 'accept' button on the monitor



Take the reader from the monitor





Hold the reader over your chest on the left hand side



The download is working when there is a green light on the monitor



If there isn't a green light, try moving the reader a bit



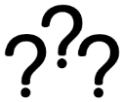
You will hear two beeps when the download has finished. Put the reader back on the monitor.



The monitor will show it is sending us the download.



There will be a green tick when it has finished.



Please call us if you have any problems.

