



Patient & Family Guide
2022

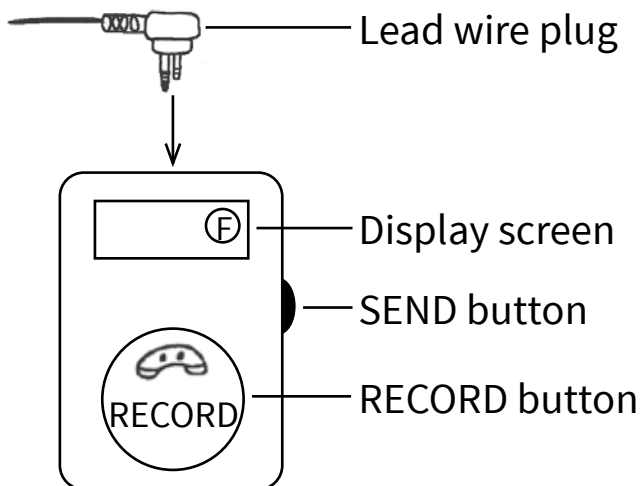
Cardiac Event Recorder (Loop Recorder)



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Cardiac Event Recorder (Loop Recorder)

This guide is for a “King of Hearts” loop recorder.



What is a cardiac event recorder?

- A cardiac event recorder (loop recorder) records the electrical activity of your heart. You can use a loop recorder while you are at home and doing your usual activities.
- A cardiac technologist will show you how to use the recorder. They will also answer any questions you have before you take it home.
- The loop recorder will only record your heart activity when you press a button. Start recording when you feel your symptoms starting.

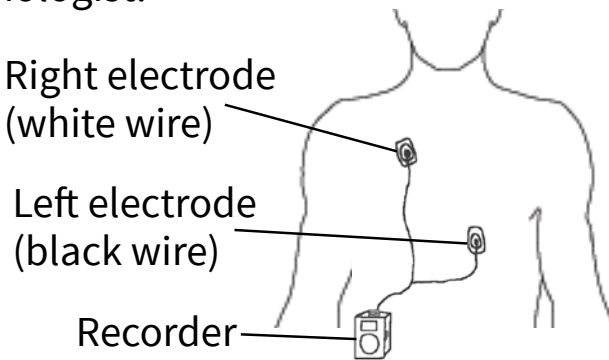
- The information from the recorder can help your doctor diagnose heart symptoms that come and go or only happen sometimes.

How do I use the loop recorder?

Getting ready

- The **electrodes** (small, sticky pads) must be placed firmly on the skin on your chest to get a clear recording.
 - › Wipe your skin clean with an alcohol swab, using the supplies you were given.
 - › Dry your skin with the gauze pads you were given.
- Attach the electrodes to the **lead wires** before placing the electrodes on your chest.
 - › The white lead wire connects to the right electrode.
 - › The black lead wire connects to the left electrode.
- **Place the electrodes** on your chest in the position shown in the diagram on page 3.
 - › Press the electrodes firmly to your skin.
 - › Throw away any electrodes that do not stick.
- **Change the electrodes** every day, or more often if they get loose or are not sticking well.

- After you have placed the electrodes on your chest, put the **plug** from the **lead wires** into the top of the recorder (see diagram on page 1).
- Secure the recorder as told by the technologist.



Recording

- Press **RECORD** when you have:
 - › Dizziness
 - › Chest pain
 - › Lightheadedness
 - › Shortness of breath
 - › Palpitations (fast-beating, fluttering, or pounding heart)
- Relax and stay still while the device is recording.
- You will hear a series of 5 tones (beeps). This means the device has stopped recording.

- After recording, you will see an “F” in the display screen. This means the device memory is full and it cannot record any more. **You must transmit (send in) your recording** (see below). The device will keep beeping every few minutes until you transmit your recording.

If you press the RECORD button by accident:

- › You will hear a series of 5 tones and you will see an “F” in the display screen. **You do not need to transmit this recording, but you do need to erase it.**

To erase a recording:

- › Unplug the lead wire from the top of the recorder.
- › Press the **SEND** button on the side of the recorder until you hear a whistling sound.
- › When the whistling sound stops, plug the lead wire back in.

Transmitting

- **You will need a landline phone to transmit. You cannot use a cell phone or cordless landline phone.**
 - › Unplug the lead wire from the top of the recorder.

Remember:

- **Your home phone number is your identification (ID) number.**
- The # symbol on your phone is called the “pound” key.

When you are ready to send in a recording:

Call **902-473-7797** and follow the instructions.

You must state:

1. Your full name
2. The symptoms you had when you recorded
3. Where you were and what you were doing when you recorded

- Put the recorder face-up on a table or flat surface next to the phone.
- Put the mouthpiece (the part you talk into) of the phone over the **RECORD button** of your recorder.
- Press the **SEND** button on the side of the recorder to start the transmission. Hold the **SEND** button until you will hear a whistling sound.
- When the whistling sound stops, plug the lead wire back in.

Replacing the batteries

Check the batteries each time you turn on the recorder. If a battery symbol appears on the display screen, the battery is low. Replace the batteries with 2 AAA batteries (2 triple A batteries).

Can I bathe or shower with the loop recorder?

- You must unplug the lead wire, and take off the recorder and electrodes to bathe or shower.
- You must follow the steps to get ready (on page 2) before putting the electrodes back on your chest.

What if I have problems with the recorder?

If you have questions or concerns about your recorder:

- Call **902-473-2422** and leave a message.
 - › If it is a weekday (Monday to Friday, 8 a.m. to 4 p.m.), a technologist will call you back within 24 hours (1 day).
 - › If it is a weekend or holiday, a technologist will call you as soon as possible on Monday to Friday, 8 a.m. to 4 p.m.

If you are concerned about your symptoms, call your primary health care provider.

How do I return the recorder?

You must return your recorder by:

You cannot place the recorder in the mail. You must return it in person to:

Cardiac Services
3rd floor, Halifax Infirmary
Attention: Holter Lab
QEII Health Sciences Centre
1796 Summer Street
Halifax, NS B3H 3K4

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Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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Prepared by: Cardiac Services

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Designed by: Nova Scotia Health Library Services

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The information is not intended to be and does not constitute health care or medical advice.

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The information in this pamphlet is to be updated every 3 years or as needed.