



Patient & Family Guide
2018

Telemetry

Aussi disponible en français :
Télésurveillance (FF85-1893)



www.nshealth.ca

Telemetry

What is telemetry?

Telemetry is a way of recording your heart's rate and rhythm. A transmitter is used to send this information to a monitor at the nurses' station. The recording happens while you are awake as well as while you are asleep.

Why is telemetry done?

Telemetry may be done to help the doctor:

- Diagnose problems with the heart's rhythm.
- Evaluate fainting spells.
- Investigate a fast or slow heart rate.
- Assess the heart's response to medication.
- Check on the heart after a pacemaker or implantable cardioverter defibrillator (ICD) is inserted.

How is telemetry done?

- A nurse will start telemetry.
- Sticky patches called electrodes will be put on the skin of your chest. We may shave a small area on the chest, if needed. The electrodes are then attached by wires to a small machine called a transmitter. The transmitter is about the size of a portable radio.

- Put the transmitter in your pocket or a pouch. This prevents pulling on the wires so a clear pattern of your heart's rate and rhythm is transmitted. It also prevents damage to the wires.
- The transmitter will send a continuous pattern of your heart's rate and rhythm to a monitor at the nurses' station. Regular and irregular beats will be recorded on paper for the doctor to see later. If needed, your doctor will be called right away.

Important points

- **Call the nurse if you have any of the symptoms that caused you to seek medical attention.**
- **Call the nurse if you have chest pain, feel your heart pounding, or feel dizzy or faint (light-headed).**
- **DO NOT leave the nursing unit.** Telemetry will not transmit to the monitor if you leave the nursing unit.
- Do not get the transmitter wet.
- Your doctor will suggest the best level of activity for you.
- If you need to go to another department in the hospital, the nurse will stop the monitoring until you return.
- The nurse will change the batteries when needed.
- To lower the chance of skin irritation, your electrodes should be changed every other day.

Notes:

Looking for more health information?

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

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>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Cardiology

Designed by: NSHA Library Services

The information in this brochure is for informational and educational purposes only.

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

If you have any questions, please ask your health care provider.

WG85-0006 © May 2018 Nova Scotia Health Authority

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