



Patient & Family Guide
2021

Telemetry

Aussi disponible en français :
Télésurveillance (FF85-1893)



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Telemetry

What is telemetry?

Telemetry is a way of recording your heart's rate and rhythm while you are in the hospital. 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 your health care provider:

- › Diagnose problems with your heart's rhythm
- › Check fainting spells
- › Check a fast or slow heart rate
- › Assess how your heart responds to medication
- › Check your heart after a pacemaker or implantable cardioverter defibrillator (ICD) is inserted (put in)

Where is telemetry done?

- You will be monitored in the nursing unit.
- **DO NOT leave the nursing unit.** Telemetry will not transmit to the monitor if you leave the nursing unit.

- If you need to go to another department in the hospital, the nurse will stop the monitoring until you return.

How is telemetry done?

- A nurse will put sticky patches called electrodes on your chest. If needed, a member of your health care team may shave a small area on your chest. This is to make sure that the electrodes stick to your skin.
- The electrodes are attached by wires to a small machine called a transmitter. The transmitter is about the size of a cell phone.
- 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 (ongoing) pattern of your heart's rate and rhythm to a monitor at the nursing station.
- The monitor will record regular and irregular beats on paper for your doctor to see later. The nurse will call your doctor right away, if needed.
- A member of your health care team will tell you what activities you can do while you are having telemetry.

- **Do not get the transmitter wet.**
- The nurse will change the batteries in the transmitter when needed.
- To lower the chance of skin irritation from the electrodes, they should be changed every other day.

Call the nurse using your call bell if you have any of the symptoms that caused you to seek medical attention, or if you:

- › **have chest pain.**
- › **feel your heart pounding.**
- › **feel dizzy or faint (light-headed).**

Looking for more health information?

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: Cardiology, QEII

Designed by: Nova Scotia Health Library Services

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