

# Telemetry Monitoring

## General Information

Your doctor wants you to wear a telemetry monitor during your hospital stay to monitor your heart rate and heart rhythm.

The lightweight monitor records your heart rate and heart rhythm and sends it to monitors in the nurses' station. This is a painless test.

Telemetry monitoring may be helpful if you:

- are having chest pain (angina)
- have had fainting episodes
- have heart or lung disease
- have irregular heart rhythms or heartbeats
- are taking medicine that changes your heart rate or heart rhythm.

## During the Monitoring

- The nurse will attach electrode patches (discs) to your chest. The patches stick to your skin like a bandage.
- You will need to stay on the unit while you are being monitored. Staying on the unit will help the monitor get a good reading of your heart rate and heart rhythm.
- You can continue the activities your doctor says are OK. If you have any questions, please ask your nurse.

## After the Monitoring

- The nurse will remove the electrode patches.