

# Telemetry

## Patient Information

Cardiology



The Patient Information Leaflets page on the Trust website is available on the link: <https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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## What is Telemetry?

Telemetry is a device we use to monitor your heart rate while you are in hospital.

## How does Telemetry work?

The Telemetry unit has either 3 coloured wires (red, yellow and green) or 5 coloured wires (red, yellow, green, black and white), attached to it. The nurse connects the unit to your chest with sticky pads (ECG dots).

The Telemetry unit feeds information to a central monitor, and this central monitor collects information about your heart. Your doctor uses this information to help decide what your heart condition is and the best treatment for you.

## How long is the Telemetry worn for?

Your doctor decides how long you wear the Telemetry unit; please keep the Telemetry on until you are advised otherwise by a doctor or nurse.

## Can I shower whilst wearing the Telemetry?

Yes, you can shower; please inform your nurse when you plan to shower.

## What about the sticky pads (ECG dots)?

The nurse changes the pads (ECG dots) to keep your skin healthy. Please let your nurse know if your skin feels itchy under or around the pads. If you are a male patient, a small area of your chest may need to be shaved. **If the Telemetry dots or leads come off, please inform the nurse.**

## Can I leave the ward?

Please do not leave the ward unless you have sought advice about this from your nurse, or you are being taken for any tests or procedures.

## When is the Telemetry unit cleaned?

The Telemetry unit is cleaned following every patient use.

## What activities can I perform while wearing the Telemetry unit?

The telemetry unit allows you to walk freely around the ward you are admitted to. Please avoid lying on the Telemetry unit, as this may affect your ECG reading.

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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