Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Telemetry

Version number: **1**
Last modified date: **12th November 2026**

Patient Information

Cardiology

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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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