



Patient & Family Guide
2024

Telemetry

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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 and 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
- › Check how your heart responds to medication
- › Check your heart after a pacemaker or implantable cardioverter defibrillator (ICD) is put in

Where is telemetry done?

- You will be monitored with telemetry while you are 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 come back.

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 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.

Do not get the transmitter wet.

- The transmitter will send a continuous 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. Your 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.
- Your nurse will change the batteries in the transmitter when needed.
- To lower the chance of skin irritation from the electrodes, your nurse will change them every day.

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

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

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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