

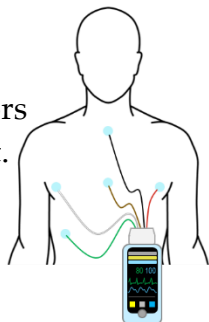
# Welcome to the Cardiac Telemetry Unit

## What is cardiac telemetry monitoring?

This is a way our doctors and nurses can check on the health of your heart. The monitoring helps your healthcare team diagnose and manage conditions that affect your heart.

## How does it work?

Your nurse places 5 sticky sensors (called electrodes) on your chest. These sensors connect to the 5 wires of a telemetry pack (also called telepack.)



The sensors and wires measure your heart's electrical activity as it is happening. The telepack sends your information to a monitor at the nursing station. When you are in the unit and wearing the telepack, your nurse can watch the monitor and see changes in your heart rhythm and heart rate.

Your nurse talks to you about how to wear the telepack in its holder and how to change the batteries.

## How long do you need it?

Every person and situation is different. Some people need monitoring for a few days and others need it for longer.

Your doctor decides when to start the monitoring, when you can pause it, and how long you need it. Talk to your doctor about how long you need this monitoring.

Your nurse helps you remove the telepack. Do not adjust or remove the telepack alone.

## Why do you need it?

You might need cardiac telemetry monitoring if you have had or need heart surgery or a heart procedure. Or, you might need it if you have or have had one or more of the following:

- a heart problem such as a heart attack or chest pain
- a heart disease or lung disease
- an irregular heart rhythm
- dizziness or fainting because of a heart problem
- medications that can change your heart rate or heart rhythm

## When to get help

**Call your nurse immediately if:**

- You have chest pain or chest pressure.
- You feel sick to your stomach (nausea.)
- You are wet with sweat.
- You feel dizzy or faint.
- You have trouble breathing or feel short of breath.
- You have a fast heart rate or feel fluttering in your chest.
- You feel a general discomfort or feel sick.

## Have questions or concerns?

If you have any questions or concerns about this monitoring, you can ask your nurse.

Find answers to frequently asked questions on the next page.

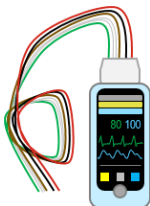
## Welcome to the Cardiac Telemetry Unit - *continued*

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### Frequently Asked Questions

#### Can I get sick from using a telepack used by other patients?

When a patient needs monitoring, they get a telepack and wires. They do not share with other patients.



The telepack and wires are disinfected when that patient no longer needs them. This leaves them clean and ready for the next patient.

You do not need to clean your telepack but tell your nurse if it becomes dirty.

#### Can I leave the unit?

No. If you leave the cardiac telemetry unit, your nurse cannot see your heart rhythm and heart rate on the monitor at the nursing station. This means your nurse cannot know when there are changes in your heart and cannot know when you need help.

Some patients need to leave the unit for tests or procedures. If you need to leave the unit, speak to your nurse first. Your nurse can remove your telepack before you leave. Call your nurse immediately when you return to the unit to reattach the telepack.

#### Can my personal electronic devices, such as my cell phone, affect my monitoring?



It depends. Talk to your nurse about this. Tell your visitors their personal electronic devices can affect your monitoring.

#### What activities can I do while wearing my telepack?

It depends. Talk to your healthcare team about this.

Some people do activities in bed only. Other people are encouraged to walk around the unit as much as they can.



#### Can I reapply my electrodes if they peel off? Can I reattach my wires if they disconnect?

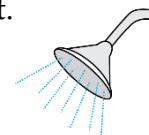
No. If your electrodes peel off or wires disconnect, call your nurse.

Changing the locations of your electrodes and wires can change the information on the monitor. Your nurse knows best where to place them. It is important your information is as accurate as possible to help your healthcare team better manage your heart health.

#### Can I shower while wearing my telepack?

No, you cannot get the telepack wet.

Talk to your nurse about the best time to shower. Your nurse must help you remove the telepack before you shower. Call your nurse immediately after you shower to reattach the telepack.



#### The skin around my electrodes is red and itchy. Is this normal?

No. Your nurse can change them to electrodes that are better for sensitive skin.