Telemetry Monitoring

What is Telemetry Monitoring?
Telemetry is a way to watch the electrical signals from your heart. Patches are placed on your chest which pick up the electrical signals from your heart and send them through wires to a monitor. The monitor turns your heartbeats (rhythm) into pictures on a screen. Telemetry will alert your nurses and doctors of any changes in your heart’s rhythm.

Telemetry may be helpful for people who:
- have had surgery or procedures that could cause the heart to have irregular heartbeats
- have certain kinds of heart or lung disease
- had previous irregular heartbeats or rhythms
- are taking medicine that change heart rates and rhythms
- had fainting spells that could be caused by a heart problem
- have a pacemaker or defibrillator (ICD) that needs to be checked.

What Happens During Telemetry Monitoring?
- Sticky patches (electrodes) will be placed on your chest.
- Wires (leads) are connected to the patches with a snap. The wires are attached to a small box that you wear in the pocket of your hospital gown.
- The monitor is programmed to “alarm”, or notify the nurse of any changes in your heart rate and rhythm. It also can alarm signal changes that don’t affect your heart status. Some examples of actions that may set off the alarm when there is nothing for you to worry about are:
  - repeated movement of the wires (i.e. when brushing your teeth)
  - disconnected wire or patch
  - low battery
- Your nurse can print a paper record from the monitor.

Continued on Back
What Must I Do While Wearing the Monitor?

- You may do your daily activities as tolerated, or as ordered by your doctor.
- You may walk around the halls on your nursing unit. Please tell your nurse if you want to walk further than your unit.
- Please notify the nursing staff if you are allergic to tape or feel “itching” under the patches. (Patches for sensitive skin are available).
- Report any palpitations, chest pain or discomfort, dizziness, nausea, or unusual feelings to your nurse.
- You will not be allowed to shower unless there is an order written by your doctor.

If you have any questions, ask your doctor or nurse.