
Your cardiomemo recording appointment

You have been referred to the Community Cardiology service to have a cardiomemo.

What is a cardiomemo?

A cardiomemo is a small hand held device which is used to record your heart activity when you are experiencing symptoms.

What are cardiomemo recording used for?

Cardiomemo recordings are used to monitor how fast or slow your heart rate is. They are more useful in patients who have intermittent symptoms that last for a minute or more on an intermittent basis, as you can carry the device around with you without any attached wires.

What happens during the appointment?

During your appointment the technician will explain how the cardiomemo works, and when to use it.

When you experience any symptoms, you just place the monitor on your bare chest, about 5cm below your left nipple, and record for 30 - 40 seconds.

It is completely painless and won't cause any discomfort. The technician will then ask you to demonstrate using the device. **A chaperone is available on request.**

How can you prepare?

Wear loose fitting, comfortable clothing.

Returning the device

Please return the device six days after your appointment to the clinic where you had it fitted. If it is difficult for you to return it please ask a friend or relative to return it for you. It is very important that you return the device on time as it will be booked to another patient the next day. If you have any difficulties please let the technician know at the appointment (or contact the admin team as soon as possible on **0151 514 6480**).

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The results

The technicians report will be reviewed by a Wirral Intermediate Cardiac Clinic Doctor (along with your medical history and any information on recent symptoms). The results will be sent to your own GP within 10 working days.

Where can I be seen?

We aim to offer you a cardiomemo appointment at a time and location that is suitable to you. We have appointments available at:

- **Community Cardiology, Birkenhead Heart Centre:**
St Catherine's Health Centre, Birkenhead, CH42 0LQ.
- **Community Cardiology, Wallasey Heart Centre:**
Victoria Central Health Centre, Wallasey, CH44 5UF.
- **The Warrens Medical Centre**, Arrowe Park Road, Wirral, CH49 5PL.

To arrange your appointment please contact the admin team on **0151 514 6480**
Monday - Friday, 9.00am - 5.00pm.

If you would like this information in another format, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email wcnt.yourexp@nhs.net

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