



# **GATEWAY CARDIOLOGY, P.C.**

## **EVENT MONITOR INSTRUCTIONS**

You are scheduled to have a special test called an Event Monitor to be performed in our office on \_\_\_\_\_ at \_\_\_\_\_ AM/PM. We realize that you may have some questions regarding this procedure and have created this pamphlet to help answer these questions. Below is a list of frequently asked questions and answers to assist you:

### **Are there any preparations prior to the exam?**

Yes, here is a list.

1. Please **DO NOT** wear any lotions or oils to the appointment.
2. If you have lung problems such as asthma, emphysema, or COPD, or a history of glaucoma, please let the technician know prior to the test.
3. Take all of your medications prior to the exam, unless otherwise instructed by your physician.
4. Wear comfortable clothing and shoes.
5. Report if allergic to electrodes.

### **How long does the test take?**

It usually takes about 30 minutes to register, put the monitor on and go over the instructions.

### **What is the test?**

An Event Monitor is a battery-operated portable device that measures and records your heart's activity (ECG) continuously. The device will be worn anywhere from 3-30 days, depending on physician instruction. The device is the size of a small camera. It has wires with silver dollar-sized electrodes that attach to your skin. The patient should keep a diary of their activities and symptoms during this period.

### **What does the test involve?**

It will take approximately 30 minutes to hook up the recorder and give you instructions. You will be notified at the time of your appointment when to return the recorder.

### **Any questions?**

If you have further questions, please contact our office, Kennerly at 314-729-0088 or Watson at 314.781.7880. Your physician will be notified of the results.

### **Where are we located?**

10012 Kennerly Road, Suite 301 located on the 3<sup>rd</sup> floor of the Physician Office Center on the Mercy South, f/k/a St. Anthony's Medical Center, campus.

**DIRECTIONS:** Travel Highway 270 to Tesson Ferry Road. Travel West on Tesson Ferry for approximately 1 mile. Turn right on Schuessler Road, then right into the first entrance. The building will be directly in front of you with the parking garage on your right. **OR** 3915 Watson Road, Suite 100 located 2 blocks north of the Watson/Chippewa intersection, turn left onto Lindenwood, then left into our parking lot.

### **What should I do if I am unable to keep the appointment?**

We realize that there are times and instances where you may not be able to keep this appointment and because of the costs of performing this test, it is imperative that you call us 48 hours before your scheduled time to cancel and/or reschedule.