



CARDIOMEMO

Your physician has prescribed a cardiomemo test. A cardiomemo is a portable cardiac event recorder used to record your heart rate when you experience symptoms (palpitations, shortness of breath, discomfort, etc.).

ABOUT THE EXAMINATION

- The cardiomemo will be loaned to you for a period of 28 days.
- In order to measure your heart rate, you must place the device on your chest every time you experience the symptoms for which you consulted.
- Disinfect the cardiomemo after each recording with the alcohol swabs provided with the device.

CAUTION: To avoid damaging the device, do not immerse it in water (bath, shower, pool, spa, etc.) and do not use it during contact sports. Removing the batteries from the device is prohibited.

CANCELLING OR POSTPONING YOUR APPOINTMENT

If you need to cancel or postpone your appointment, please notify staff by dialling 819-346-1110, ext. 21073 or ext. 14430.

REMEMBER TO BRING...

- A valid medical insurance card (otherwise you will have to pay for this test).
- Your hospital card
 - * If you do not have a hospital card, before your appointment allow for 15 minutes to have one made at the admitting department.
- An up-to-date list of all your medications.

ON THE DAY OF YOUR APPOINTMENT

- Go to the location at the time and date specified by the administrative officer or in your letter (received by mail or email).
- The technologist will explain how to switch on the device, show you how to operate it, and will indicate the space available in the device for your recordings.
- You will leave the hospital with the cardiomemo, a transport bag, and alcohol swabs to disinfect the device.

BACK HOME

You may resume all your regular activities except going into the water with the device or practising contact sports with it.

Remember to keep the cardiomemo with you when going out in order not to miss a recording.

WHEN AND WHERE TO RETURN THE DEVICE

You must return the device on the date and at the location specified by the technologist. Remember to disinfect the cardiomemo with alcohol swabs before returning the device.

If you take all your recordings before the 28-day deadline, you can return the device earlier at the time mentioned by the technologist.

GETTING YOUR TEST RESULTS

Your results will be available 2 to 4 weeks after you have returned the device and will be sent to you by your prescribing physician.

DO YOU HAVE ANY QUESTIONS?



santeestrie.qc.ca/cardiology



Info-Santé 811

OR

Speak to your prescriber.

CHECKLIST

My appointment date: _____

Time of my appointment: _____

Appointment location: _____

Returning the device

Device return date: _____

Device return location: _____

Authors

Medical electrophysiology team

Revision and layout

Service des communications

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