

Care Gram

Mobile Cardiac Telemetry

Date of Test: _____ Test Time: _____

How Does the Test Work?

Some symptoms such as dizziness, palpitations, or chest pain may be caused by an abnormal heart rhythm. A mobile cardiac telemetry monitor is used to detect any abnormal heart rhythms. This is a type of monitor that is worn on your chest. A phone or booklet will be given to you so that you can record any symptoms that you may have. All data will be sent to the monitoring company from the monitor. You may continue doing your normal activities while you are wearing the monitor.

How Long Does the Test Take?

The initial placement appointment takes 15 minutes. Your doctor will instruct you on how long to wear the monitor.

How Do I Prepare for the Test?

- Wear a loose-fitting shirt or blouse, buttoned in the front.
- Do not wear lotion before or during the testing time.
- Continue taking all your medications unless your doctor tells you otherwise.

How Do I Register for the Test?

Please call (220) 564-4185 to schedule an appointment to pick up your monitor. You will pick up the monitor at the Cardiology Department located on the second floor of Licking Memorial Hospital.

What Can I Expect During the Test?

- There is one patch with a sensor that will be placed on your chest.
- The monitor records your heart rhythm for the entire length of the test.
- Keep track of your symptoms on the phone or booklet provided.
- If you have any questions during the time that you have the monitor, please call the number that is given to you when you pick up the monitor.



**Licking Memorial
Health Systems**

1320 West Main Street • Newark, Ohio 43055
(220) 564-4000 • LMHealth.org

1616-0939
01/22/2026
Page 1 of 2

Why Is It Important to Record My Symptoms?

Your doctor will use your diary to compare your symptoms with the recorded heart rhythm. A smart phone or booklet will be provided to use as a diary. The sensor will transmit the data from your heart monitor to the monitoring company to always monitor your heart rate.

How Do I Return the Mobile Cardiac Telemetry Recorder?

Return your Mobile Cardiac Telemetry recorder on the instructed return date so that your doctor will get your results in a timely fashion. Please place all items in the box. Place the box in the prepaid envelope provided. Mail back to the monitoring company.

Finding Out the Results

The results of the test will be sent to the doctor who ordered the test about 7 to 10 days after the monitor is returned in the mail.