The aim of the Poplar Grove Practice is to provide a high standard of holistic primary care to our entitled patients by working together as a cohesive multidisciplinary team.

Our commitment to you, our patients, is to provide you with the highest possible standard of medical care with an efficiently run and friendly service. You will be treated as an individual with dignity, courtesy and respect at all times, irrespective of your ethnic origin, religious belief, sex or sexuality, personal attributes or the nature of your health problems. We expect to be treated in the same way.



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### **Opening Times**

Mon-Thurs: 0730 - 1930 Friday: 0730 - 1830 **Tel:** 01296 468580

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Lines open daily between: 0800 - 1230 and

1400 - 1830



## Patient Information Leaflet

### **R-Test**

www.poplar-grove.nhs.uk E-mail: poplar.grove@nhs.net Tel: 01296 468580





#### **R-Test**

#### Introduction

The R Test ECG Recorder is a light, comfortable and unobtrusive heart monitor designed for use during normal daily routines. It can be worn for just a few hours or up to several weeks at a time.

This guide has been produced to answer the most common questions that patients have whilst wearing the R Test ECG Recorder.

Your Doctor will have chosen the best way for you to wear the R Test ECG Recorder depending on your individual circumstances.

You should wear the R Test ECG Recorder for as long as possible during each day and night as instructed by your Doctor. You must remove the R Test ECG Recorder when washing, bathing or having a shower.

### DO NOT ALLOW THE R TEST ECG RECORDER TO GET WET!

### **Bathing**

When you want to wash or take a bath or shower, remove the recorder and the cable as one unit by unfastening it from each of the two adhesive electrodes.

Do not detach the cable from the recorder.

Place the recorder and its cable safely on a flat dry surface until you are ready to continue wearing it.

### Re-Connecting the Recorder

When you have finished bathing, ensure that the skin is clean and dry. If necessary, replace the two adhesive electrodes. Do not use talc or moisturisers where the electrodes are sited and please avoid the use of perfumes or aftershaves as this can affect the plastic coatings of the device and its accessories.

Taking care not to press any of the buttons, snap the recorder and its cable onto each of the adhesive electrodes. When connected to the adhesive electrodes the recorder will begin monitoring you r heart again.

### If you feel Symptoms

If you feel any symptoms such as chest pain, dizziness or palpitations while wearing the device you can make a special recording by pressing the button in the centre of the R Test ECG Recorder.

To make a symptomatic recording, press the centre button once. You may or may not hear a short beep when you press the button and two short beeps several seconds or minutes later.

If possible, you should write down the time and date of your symptoms, what you felt and what You were doing at the time when you felt them. This information can be useful to the Doctor and should be given when you return the monitor.

# Day to Day with the R Test ECG Monitor

In most cases, it is not necessary for you to take and specific action whilst wearing the R Test ECG Monitor. The device will continuously monitor your hearts rate and rhythm and automatically detect and store sections of your ECG that may be of interest to your Doctor. It is quite normal for you to forget that you are wearing the R Test due to the lightweight and unobtrusive nature of the device.

The device is not normally affected by mobile phones, microwave ovens or airport x-ray machines. You may however be required to remove the device by airport security staff for inspection.





Patient Diary	Activity					
	Symptoms					
	Time					
	Date					