R-Test Monitor
Cardio-Respiratory Department

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.
To use the Text Relay service, prefix all numbers with 18001.

English

Afghan

Arabic

Se precisa de uma tradução por favor contacte: 01932 723553

Patient Information

Website: www.ashfordstpeters.nhs.uk
Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.
What is an R-Test?

An R-Test is an ambulatory (portable) electrocardiograph (ECG) monitor that records your heart rate and rhythm. It is attached to your chest with two electrodes (stickers) (one relatively central on the chest, and one under the left breast) and is usually worn for 5 days.

How do I prepare for the test?

Please do not apply creams or lotions on your skin prior to the test. Please wear loose fitting clothes that are easy to put on and take off.

What happens when I come for my appointment?

*Please ask a member of staff if you require a chaperone during your appointment.*

A resting ECG will be carried out first; this requires you to remove your clothing to the waist and have electrodes attached to your chest, wrists, and ankles. This procedure takes approximately five minutes and is painless.

The monitor will then be attached to your chest with two electrodes. Some men may need to have this area shaved.

You will be shown how to use the device, as well as how to remove and then replace the monitor so you can shower or bathe during the 5 days. You will be given written instructions to take with you for reference.
What do I have to do?

You will need to wear the monitor continuously for the required duration (including whilst sleeping at night). However the device must be removed when showering or bathing as the recorder MUST NOT get wet. You should replace it as soon as possible afterwards. Carry out your usual daily activities whilst wearing the monitor.

What happens when I have symptoms?

When you get a symptom you press the middle button, which is in the center of the device. The monitor will beep so you will know it has recorded. Don't worry if you are not able to press it in time, as the monitor is constantly recording and will automatically detect and record any changes in your heart rhythm.

You will also be given a diary to record any symptoms relating to your heart such as palpitations, dizziness or shortness of breath etc.

What do I do if the R-Test device beeps?

On occasion the R-Test may make a beeping noise. This may mean that the device is not connected properly. Check that the lead is connected tightly to the device. Then check that the electrodes are attached to both the skin and the device securely.

If the device continues to beep then press the black button and it should stop the noise. The monitor will still continue to record your heart rate and rhythm.

What happens afterwards?

You will need to return the monitor to St. Peter’s Cardiology Department on the day that you have been instructed to do so. Please call the department on 01932 722530 / 2630 if you have any concerns.

The results will be sent to the Consultant who requested the test. The results will be reviewed and a letter will be sent to your General Practitioner (GP) advising them of the results. You will receive a copy of this letter, which may take 2-4 weeks. The consultant may also decide to see you in clinic to discuss your results.