

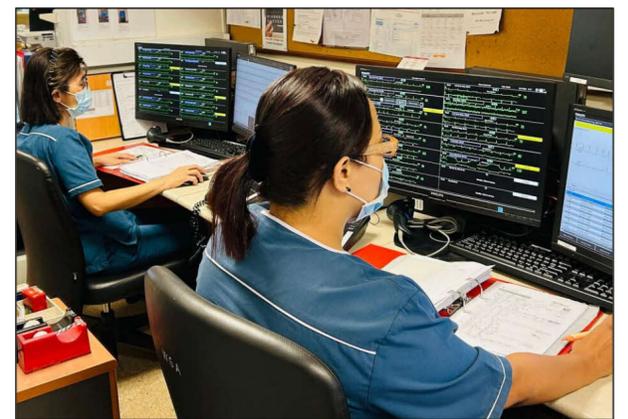
# Instructions for Telemetry Monitoring

## What is Telemetry

Telemetry is a portable device to detect abnormalities in heart rhythm. It is attached to you to continuously monitor your heart rhythm.

## Why Is It Needed?

Telemetry will pick up signal from your heart and send them to the monitoring unit. Nurses at the **Coronary Care Unit (CCU)** will monitor your heart rhythm reading and keep the doctors informed of your condition. Follow-up actions will be taken if required.



## How Long Do I Need to Keep the Device On?

Duration to keep the device on for telemetry monitoring will depend on doctor's daily review and your condition.

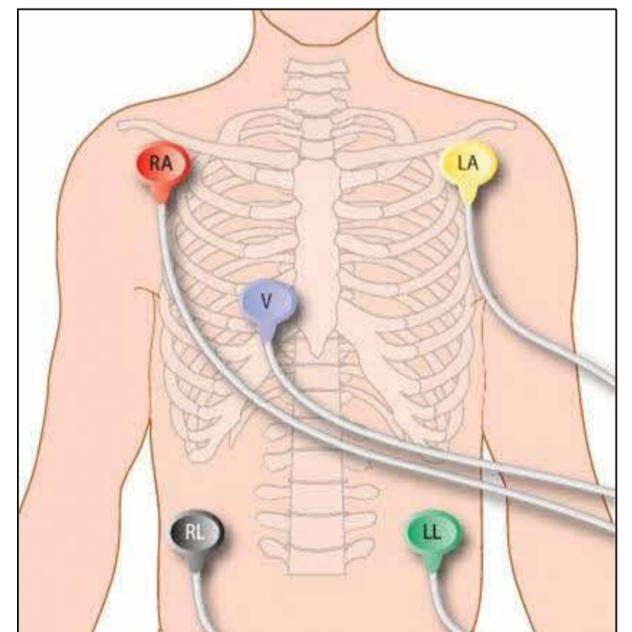
## Wire Placement

Five heart rhythm wires are connected to sticky pads on the body.

## Q&A

### Can I take a shower while on telemetry?

We recommend avoiding showers as it will cause a disruption in monitoring and pose a safety risk to you. To maintain personal hygiene, sponge bath will be offered as an alternative.



*Illustration of telemetry sticky pads on body*

## Note

Please consult your nurse whenever you are in doubt.



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# Instructions for Telemetry Monitoring

## YOU SHOULD



Inform the nurse when the electrodes are detached



Inform the nurse if you experience symptoms such as chest pain, discomfort, giddiness, palpitation or excessive sweating



Keep the device in your pocket, or at the side of the bed. This will keep the telemetry device close to you and keep the sticky pads in place.

## YOU SHOULD NOT



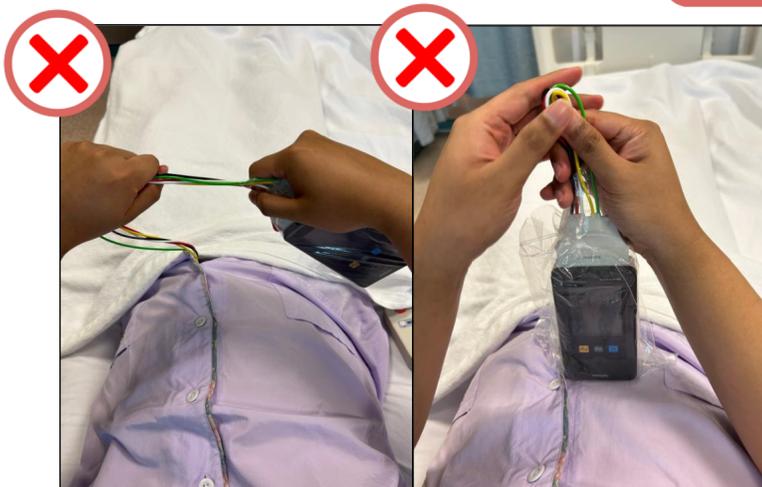
Remove the plastic cover or wet the device



Leave the ward as this will affect the signal of the device. It is important to always have the monitor on.



Drop/Misplace the device



Bend the wires or remove any parts from the device



Use electronic devices near the telemetry device as they may interfere with the telemetry signal



Fiddle with the buttons or manipulate the device



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