



Event Recorder (“King of Hearts”) *Making a recording when you have symptoms*

Your doctor has prescribed an arrhythmia monitor to help evaluate your symptoms. It is designed to give your doctor information about whether your symptoms may be related to the rhythm of your heartbeat. This sheet will tell you how to record your heart rhythm when you feel your symptoms. A separate sheet tells you how to send your recordings to the hospital.

1. **Place two electrodes (white patches) on your chest.** One goes under the collarbone on the right side of your chest. The other goes on the left side of your chest. For men, the left electrode goes just under the nipple. For women, it goes just under the breast, in line with the nipple. **The electrodes need to be changed every day.**
2. Connect the cable from the monitor to the electrodes. **The white wire connects to the right electrode and the black wire to the left.**
3. Plug the cable into the monitor. **Push down tight.**
4. Look at the screen on the monitor. You will see “eye glasses” flashing, with a number below the eye glasses. This tells you the monitor is sensing your heart beat. If you do not see the glasses and the number, make sure your electrodes and wires are connected well.
5. You will also see a small number or letter in the corner of the screen (5,4,3,2,1, or F). **This tells you how many recordings are left on your monitor.** The monitor is programmed to hold five recordings. After you have made five recordings, the letter “F” (for “full”) will appear. You must send the recordings in to the hospital before you can make more.
6. The monitor must be hooked up for at least one minute before you can make a recording.
7. **When you feel your symptom(s), push the “record” button once.** You will hear a sound. Stay still for 15 seconds until the sound stops. Then continue what you were doing. Write down the date, time, and the symptoms you were feeling in your diary.
8. If you have more symptoms near the same time, you must wait another minute before pressing the record button again.
9. When you see the “F” displayed on the screen, your monitor is full. You must send in your recordings before making more. See separate instructions on how to send in your recordings.
10. If you are concerned about your symptoms, you do not need to wait until the monitor is full to call in your recordings. (For severe symptoms and in any emergency, always call 911.)
11. If you see a battery symbol in the upper left corner of the screen, change the battery.