Event Recorder ("King of Hearts")

*Daily recordings*

Your doctor has prescribed an arrhythmia monitor. It is designed to give your doctor information about the rhythm of your heartbeat.

This sheet will tell you how to record your heart rhythm each day. A separate sheet tells you how to send your recordings to the hospital over the telephone.

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. Sit still. Wait for one minute. Then **push the “record” button once.** You will hear a sound. Stay still for 15 seconds until the sound stops.

6. Use the instructions you were given to call in your recording to 617-632-0550.

7. If you see a battery symbol in the upper left corner of the screen, change the battery.

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