

R test

What is an R test and why would I need it?

An R test is a small unobtrusive automatic ECG (heart tracing) recorder which should be worn for five to seven days. The R test can help to diagnose various symptoms that may not happen very often or have not previously been picked up by an ECG (heart trace). The recorder will monitor and record any changes in your heart rate and rhythm. This will automatically detect and store sections of your heart rhythm that may be of interest to your Doctor.

Preparing for your test

You can take all your medications as usual and eat and drink as normal. The monitor will take approximately 10-15 minutes to fit. If you have a PACEMAKER fitted, please be sure to tell the cardiac physiologist before they put the monitor on.

How is it done?

A cardiac physiologist will prepare the area by using a small abrasive pad to exfoliate your skin. This is to ensure a good recording is made. They will then place two sticky electrodes on to your chest. The recorder will then be attached to the electrodes. The cardiac physiologist will discuss with you how to remove the recorder while you take a bath or shower and reattach it afterwards. **IMPORTANT: You must not allow the R test recorder to get wet.** You will be asked to keep a diary while wearing the device and make a note of any times you have symptoms. The recorder has a button that you will need to press if you have any symptoms; the Physiologist will show you how to do this. Keep to your normal routine including undertaking activities that normally bring on your symptoms.

What are the potential risks?

There are no known risks. Occasionally some people have an allergic reaction to the sticky electrodes placed on the skin. You should inform the cardiac physiologist if you are allergic to Elastoplast.

What happens next?

You will need to return the monitor to us as instructed by the cardiac physiologist. We ask that you remove the monitor yourself and place it in the envelope we have provided. It is very important that the device is returned within the agreed time to enable us to consider the results of your recording and determine your future treatment. We have many patients waiting for these devices so returning the monitor on time is essential for another patient to receive treatment. Your results will then be sent to the Doctor that requested the test and they will be in touch with you.

Returning the device

Please ensure you have made plans to return your device as instructed. If you will not be able to return the monitor, please rearrange your appointment.

If you had the R-test recorder fitted at Conquest: please drop it off in the envelope provided, at Conquest Cardiology reception, Level 2, during the week.

If you had the R-Test recorder fitted at Eastbourne DGH: please drop it off in the envelope provided, at Eastbourne Cardiology reception, Green Zone Level 3. Please place the envelope in the box labelled **Cardiac Monitor Box**.

If devices are not returned you may be liable to pay up to £2,500.

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or esh-tr.patientexperience@nhs.net.

Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the equality and human rights team on 0300 131 4434 or esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:
Julie Lovell – Principal Cardiac Physiologist

The directorate group that has agreed this patient information leaflet: Medicine

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