

## What is a Transtelephonic Monitor (TTM)?

### Why is a Transtelephonic Monitor (TTM) ordered?

Transtelephonic Monitoring, or TTM, is a patient activated recording of the heart's rhythm. The monitor is either carried or worn by the patient while they go about their normal activities. It is especially useful in diagnosing abnormal heart rhythms, primarily rhythms which are less frequent, and are felt by the patient.

An abnormal heart rhythm, called an arrhythmia, is a change in either the speed or pattern of the heartbeat. During an arrhythmia, the heart may beat too rapidly, too slowly or irregularly.

Doctors can diagnose an arrhythmia by obtaining an electrocardiogram (EKG), a recording of the heart's electrical activity. During a standard EKG test, the heart's electrical impulses are recorded on a strip of moving paper. Quite often, an arrhythmia will not occur during the brief period (less than a minute) of actual recording at the doctor's office.

If your doctor suspects you have an arrhythmia, and you are having symptoms from the arrhythmia, he or she will want to attempt to record the symptomatic arrhythmia during your normal daily activities. A TTM allows you to record your EKG during the periods when you have symptoms.

TTM's are approximately the size of a beeper. The monitor itself stores lengths of EKG's on a digital chip, which can then be transmitted over the phone line and recorded on paper. The proper use of the monitor will require you to be able to understand and operate a few simple

buttons, and steps in the recording and transmitting process.

Typically, you will be in possession of the monitor for thirty (30) days. During this time, you may record and transmit as many recordings as you need to document your symptoms.

TTM helps to detect arrhythmias, assess symptoms such as dizziness, palpitations and fainting spells, and evaluate the effectiveness of anti-arrhythmia treatment.

### How long will this test take?

Plan to be in the testing area for forty-five (45) minutes. You will be in possession of the monitor for thirty (30) days.

***\*You will be required to return the monitor after the 30 days to the location where you received it.***

### Prior to the test-What can I expect?

There is no special preparations are necessary before you come to the department for this test.

### Day of the test-What can I expect?

On the day of the test wear loose fitting, front button blouse or shirt. Once you have registered a cardiology technician will escort you to the testing area. A series of medical history questions will be asked and documented. The technician will explain: The use of the monitor, the steps in recording, and transmitting your EKG recordings over the phone with you. You will be given the opportunity to practice recording

your EKG, this EKG will be used as your baseline and be recorded.

### **How will I get the results of the test?**

A cardiologist will review all of the recordings as they come in, and will send a summary of the analyzed data to your doctor after the 30 day period.

### **Directions to your appointment**

*\*There are three locations, check to make sure you know where your appointment will be.*

#### ***Danbury Hospital Medical Arts Center-***

Located at 111 Osborne Street, park in any available parking or in the Gold parking garage. Enter the main lobby on the first floor and proceed to the third floor for registration.

If you have further questions please call **(203) 739-4999**.

#### ***Southbury Cardiovascular Center-***

Located at 22 Old Waterbury Road, Southbury, CT., upon arrival please register with Cardiology Reception, in Suite 107.

If you have any further questions, please call **(203) 262-4234**.

#### ***Ridgefield Cardiology-***

Located at 21 South Street, Ridgefield, CT., upon arrival please register at the reception desk.

If you have further questions please call **(203) 438-1323**

Additional information can also be found at our website;

[www.danburyhospital.org](http://www.danburyhospital.org)

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