

# Tom Thumb heart monitor

## Instructions on how to use for thumbs only

Use for short episodes that are hard to catch:

1. Turn the device on by pressing the orange button.
2. Press the 'Start' button to start the recording. The red light will come on and the device will record for 30 seconds.
3. Place both thumbs GENTLY on the pressure sensitive pads (the two oval pads on either side of the grey base). It is important not to press too hard.
4. Try to remain as still as possible while making any recording.
5. If you wish to take consecutive recordings, simply press the 'Start' button again.
6. Write in the diary card once a recording has been taken.

## Instructions on how to use electrodes or stickers

Use for longer or more frequent episodes:

1. Turn the device on by pressing the orange button.
2. Connect the ECG wires into the side of the device. Using 2 electrodes (stickers) attach the red wire to the right wrist and the blue wire to the left wrist.
3. Press the 'Start' button to start it recording. The red light will come on and the device will record for 30 seconds.
4. Try to remain as still as possible while making any recording
5. If you wish to take consecutive recordings simply press the 'Start' button again.
6. Write in the diary card once a recording has been taken.

## Other information

Please disregard any 'regular or irregular rhythm' result that flags up after you have finished recording. 'Impossible to analyse' indicates a poor quality recording, so we recommend that you repeat if this message displays.

The monitor is not waterproof, so do not get it wet.

Don't forget to include the diary card with the monitor, even if your child has no symptoms, as this is important for our reports.

We advise that you keep the monitor close at hand at all times so episodes can be captured anytime, including at school.

Please make sure that your child's teacher is aware of this so that they can use the monitor during school if needed.

### Contact us

Call the paediatric cardiology outpatient team on 020 718 89224 (Monday to Friday, 9am to 4:30pm) if you have any problems.

### Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline, **phone** 020 7188 3003, Monday to Friday, 10am to 5pm **email** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **phone** 020 7188 8801 **email** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk). To make a complaint contact the resolution department **phone** 020 7188 3514 **email** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please contact the department your appointment is with.

Use this QR code to watch our film that goes with these instructions.



Leaflet number: 5447/VER1

Date published: November 2023

Review date: November 2026

© 2023 Guy's and St Thomas' NHS Foundation Trust  
A list of sources is available on request