

Transtelephonic Monitor (TTM) 30-Day Looping Event Monitor

A transtelephonic (trans tele FON ic) monitor is a 30-day looping event monitor. It records and captures irregular heartbeats that happen quickly and last less than a few seconds. The TTM is about the size of a pager. It is worn on a belt around the child's waist with wires attached to two stickers on the chest. The TTM constantly tracks the heart's rhythm. When your child has abnormal symptoms related to the heart beating, he or she presses the symptom button. The TTM then records and saves the information. You will send these recordings to a monitoring company over a land line telephone. They will be reviewed by your child's doctor.

Your child will use the monitor for 30 days. At the end of this time, you need to return it to the monitoring company. A Priority Mail envelope comes with the monitor for you to mail it back. Results of the 30-day test will be available to your child's doctor about 2 weeks after the monitor is put in the mail.

How to prepare for the test

The child should wear the monitor at all times, except when bathing. Reapply right away after your child bathes. Your child should keep doing all normal activities while wearing the monitor, unless his or her doctor tells you otherwise.

How the test is done

- This test does not hurt.
- The monitor is worn all the time. Only remove it for your child to bathe.
- When a symptom occurs, the patient presses the symptom button in the middle of the monitor to capture the recording. You will hear a steady tone that gets faster or slower as the heart beats. The monitor will record for about one minute. You will stop hearing the tone when the recording is complete.

How the test is done, continued

- **Each time an event is recorded**, the child, parent or guardian uses a land line phone to call the phone number listed on the monitor. You will send the record directly to the monitoring company like this:
 - First, the child or a parent or guardian identifies him or herself and talks about the symptoms felt while recording.
 - Then place the TTM over the receiver end of the telephone (end that you talk into) and press the Send button.
 - The tone will replay and be recorded over the phone line by the monitoring company.

The monitor holds up to three events. However, it is best to send the recording each time an event is captured.

Again, the monitor is to be worn at all times. It is only to be removed when bathing. You will be given replacement stickers for the chest to use when necessary.

Risks and possible complications

If the TTM is not working, or if there are problems or questions about it, **call the monitoring company. The phone number is listed on the monitor.**

Activity

Your child should do all activities as usual during the monitoring period, unless the doctor tells you otherwise.

After the test

After the 30 day monitoring period is over, use the priority mail envelope that comes with the TTM to mail it directly to the monitoring company.

Once the monitoring company receives the TTM, a final report will be sent to your doctor. The doctor will contact you with the results of this test. Please allow 2 weeks from the date the monitor is placed in the US mail for these results. No results will be given during the 30 day monitoring period. The doctor will contact you if any life-threatening arrhythmia occurs.

When to call

If you have any questions about your child's test, please call the EKG Office at (614) 722-5561 or the monitoring company at the phone number listed on the monitor itself.