

HOW



ATRIAL

FIBRILLATION

IS DIAGNOSED WITH AN ECG

If your doctor thinks that you might have atrial fibrillation (AF, AFib), you may be sent for an electrocardiogram (ECG).^{1,2}

This will help your doctor determine your heart rate and rhythm, and can confirm if you have AF.¹

BEFORE AN ECG:

Small sensors are placed on your chest, and sometimes your shoulders and ankles, to measure the electrical signals of your heart^{1,2}

An ECG is a simple, painless* test, which may only take a few minutes^{1,2}

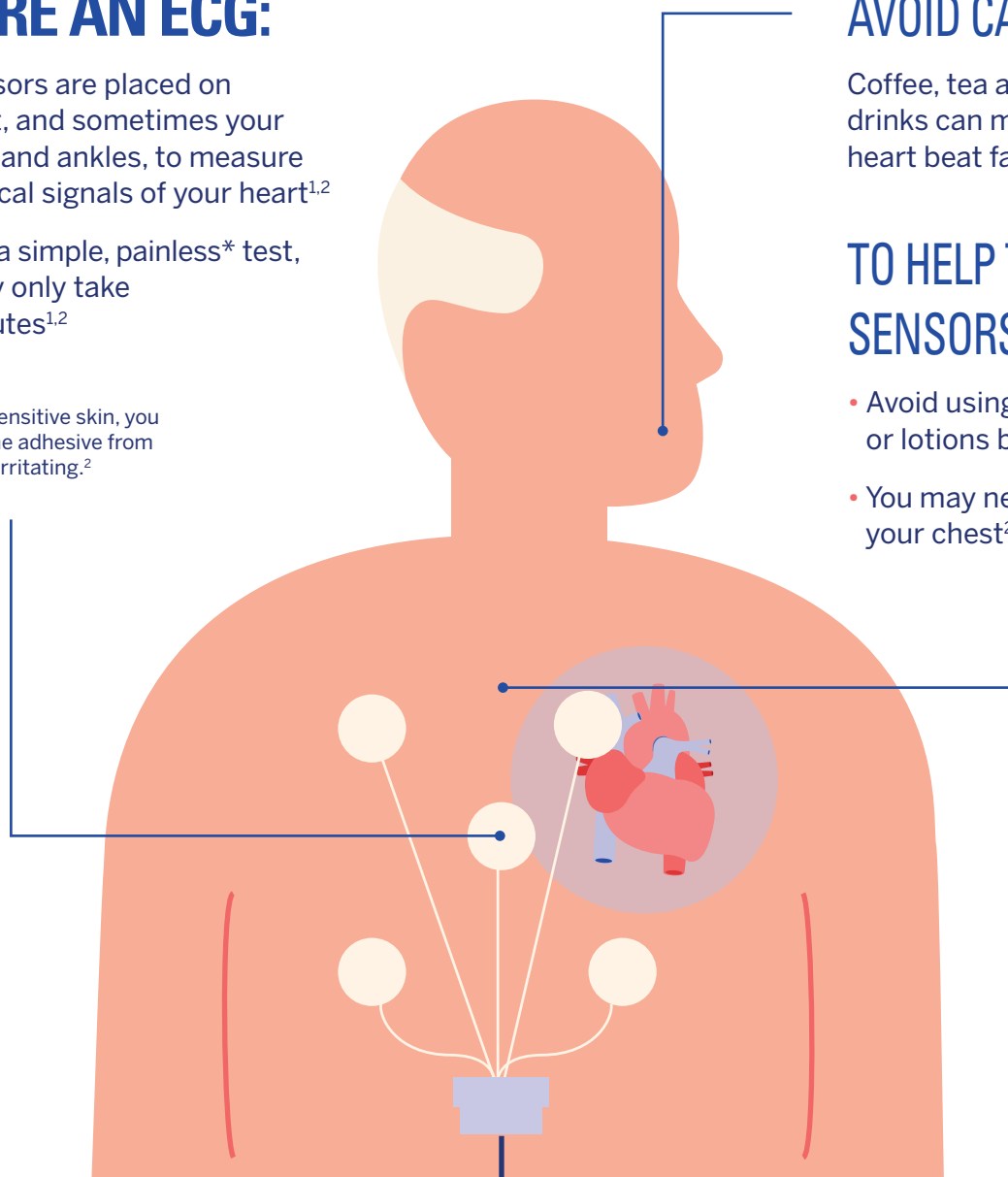
* If you have sensitive skin, you might find the adhesive from the sensors irritating.²

AVOID CAFFEINE

Coffee, tea and fizzy drinks can make your heart beat faster³

TO HELP THE SENSORS STAY ON:

- Avoid using skin creams or lotions beforehand²
- You may need to shave your chest²



IF YOU HAVE ANY FURTHER QUESTIONS ABOUT YOUR ECG, PLEASE ASK YOUR DOCTOR

References: 1. NHS. Diagnosis – atrial fibrillation. April 2018. Available at <https://www.nhs.uk/conditions/atrial-fibrillation/diagnosis/>. Last accessed November 2020. 2. NHS. Electrocardiogram (ECG). June 2018. Available at <https://www.nhs.uk/conditions/electrocardiogram/>. Last accessed November 2020. 3. Everyday Health. Caffeine. Your Heart and Exercise. July 2016. Available at <https://www.everydayhealth.com/columns/jared-bunch-rhythm-of-life/caffeine-your-heart-and-exercise/>. Last accessed November 2020.

HOW TO

MONITOR

YOUR HEART RATE AND RHYTHM



A simple pulse check can help you keep an eye on your heart rate.¹

The best time to take your heart rate is first thing in the morning, before you get out of bed.¹ This is known as your resting heart rate.¹

Your resting heart rate should beat evenly, like the ticking of a clock, with 60 to 100 beats per minute.¹

SIMPLE STEPS TO TAKE YOUR PULSE:*

SIT DOWN

Relax and remove any watches or jewellery from your wrist¹

PLACE HAND DOWN

Your palm should face upwards^{1,2}

PRESS FIRMLY

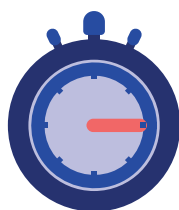
Use the index and middle fingers of your other hand to press firmly on your wrist, near the base of the thumb.^{1,2}

KEEP PRESSING

Count your heartbeats for 30 seconds^{1,2}

MULTIPLY THE NUMBER OF BEATS

by two to get the beats per minute^{1,2}



If your pulse feels irregular, fluttery, or accelerated, keep monitoring it for a full minute and do not multiply the number of beats.¹

SMART PULSE MONITORING

Some smart watches and activity trackers can monitor your heart rate. Some can even send alerts to a healthcare provider if they detect anything out of the ordinary.

* These instructions are for your wrist, but your pulse can also be taken in the crease of your elbow, your groin, or behind your knee.¹

IF YOU NOTICE ANYTHING ODD OR NEED HELP TAKING YOUR PULSE, PLEASE SPEAK TO YOUR DOCTOR²

References: 1. Arrhythmia Alliance. Know Your Pulse Factsheet. April 2009; reviewed January 2017. Available at <https://www.heartrhythmalliance.org/aa/uk/know-your-pulse-resources-uk>. Last accessed November 2020. 2. NHS. Diagnosis – atrial fibrillation. April 2018. Available at <https://www.nhs.uk/conditions/atrial-fibrillation/diagnosis/>. Last accessed November 2020.