



## Perioperative Telehealth Evaluations™

### USING PERSONAL ECG DEVICES SAFELY

This educational guide explains how personal ECG devices can be used responsibly for heart rhythm awareness. It supports informed use before or after surgery when recommended by a healthcare provider.

#### What Personal ECG Devices Are For

- Recording short heart rhythm tracings during symptoms such as palpitations
- Recognizing rhythm patterns over time
- Sharing recordings with a healthcare provider if requested

#### What Personal ECG Devices Are NOT For

- Diagnosing heart disease or arrhythmias
- Replacing medical evaluation or formal cardiac testing
- Determining surgical clearance or anesthesia readiness

#### When a Personal ECG Device May Be Helpful

- Patients with known atrial fibrillation who have been advised to monitor rhythm
- Patients with intermittent palpitations discussed with a provider
- Patients already familiar with personal ECG technology

#### Important Safety Considerations

- Do not change medications based on ECG readings
- Seek medical attention for new or worsening symptoms
- Do not delay emergency care based on device results

#### **Disclaimer**

This guide is provided for educational purposes only. Personal ECG devices are intended for general wellness and awareness and do not diagnose or treat medical conditions. Always follow the guidance of your healthcare provider.