

Record your symptoms

If you or your health care team thinks that you may have a heart rhythm disorder (called an arrhythmia), it can be helpful to write down when you feel your heart beating strangely, as well as any other symptoms you have and what you were doing at the time.

Use the worksheet on the next page to write down when your symptoms happen.

Common symptoms include:



Heart palpitations (your heart may feel like it's flip-flopping, skipping beats, racing, beating harder, though not everyone feels this)



Dizziness



Chest pain or discomfort



Shortness of breath



Feeling faint

Gathering information

To detect a heart rhythm issue, your care team will:

- **Perform a physical exam and an electrocardiogram** to see how your heart is beating and if there are any changes
- **Review your personal and family history** of heart problems
- **Ask about your symptoms** and when you notice them

You may also wear a device to record your heart's activity over time - either for a day or two, a couple of weeks, or perhaps longer.

Keeping a record of your symptoms and when they occur can help your care team see whether they are linked.

Symptom diary

Name: _____

Date	Time	Describe your symptoms, how you felt	What you were doing at the time or just before	Other notes (for example, how long it lasted)
4/21/22	8:00 a.m.	<i>Heart started flip-flopping, felt dizzy and needed to sit down</i>	<i>Making the bed after climbing one flight of stairs</i>	<i>Felt better within 30 minutes</i>