

Palpitation symptom diary

Fill in a line each time you notice palpitations, as soon as you can afterwards. Bring the diary, and any ECG or smartwatch recordings, to your appointment. A clear record of what happens is one of the most useful things a cardiologist can have.

How to check your pulse
Place two fingers on the thumb side of your wrist, or the side of your neck. Count the beats for 30 seconds and double it. Note whether the beat feels regular or irregular. A smartwatch or blood pressure monitor reading is fine too.

Useful things to record
What you were doing, whether it started suddenly or gradually, how it felt (fast, pounding, fluttering, skipping, irregular), how long it lasted, what stopped it, and any caffeine, alcohol or missed sleep beforehand.

Call 999 now if palpitations come with chest pain, severe breathlessness, fainting or nearly fainting, or you feel very unwell. For urgent advice, call NHS 111. Do not wait to record it.

Date and time	What were you doing?	How did it feel? (fast / pounding / fluttering / skipping / irregular)	Started suddenly or gradually?	How long did it last?	Pulse rate, and regular or irregular?	Other symptoms? (dizzy, breathless, chest pain, sweaty)	What stopped it?	Caffeine, alcohol, poor sleep, stress?

Palpitation symptom diary (continued)

Date and time	What were you doing?	How did it feel? (fast / pounding / fluttering / skipping / irregular)	Started suddenly or gradually?	How long did it last?	Pulse rate, and regular or irregular?	Other symptoms? (dizzy, breathless, chest pain, sweaty)	What stopped it?	Caffeine, alcohol, poor sleep, stress?

This diary is for your own records and to share with your doctor. It is not a substitute for medical advice. Palpitation Clinic is a private service led by Dr Aftab Gill, Consultant Interventional Cardiologist (GMC 4499826).