


Innocent heart murmur





This leaflet gives you general information about innocent heart murmur. It does not replace the need for personal advice from a healthcare professional. Please ask us if you have any questions.

What is an innocent heart murmur?

When you listen to the heart through a stethoscope, you can hear the sounds of the heart working – blood pumping through the chambers of the heart and the heart valves opening and closing. Normally, these sounds form a clear, regular pattern. A heart murmur, on the other hand, is an unusual sound, which can be heard when listening to the heart.

Heart murmurs are very common. They can be a sign of a heart problem, but your child's murmur has been diagnosed as "innocent". This means that the murmur is harmless and is not a sign of a heart problem.

Sometimes innocent heart murmurs are called:

- Vibratory murmurs
- Venous hums
- Functional murmurs

What causes innocent heart murmurs?

When we are young, our hearts are quite small and compact. This means that the bends in the heart around which the blood has to flow are quite tight. To push blood around these tight bends, the heart has to beat quite quickly – much faster than it does in adults.

An innocent heart murmur is usually the sound of the blood being pushed around these tight turns. It is similar to the noise a stream makes as water curves around a bend.

Innocent heart murmurs are louder when the heart is beating faster than usual. For example, the heart can beat faster if your child is anxious or has a high temperature.

Will my child need any treatment?

As your child's heart murmur is innocent, there is no need for any further visits to the cardiologist or for any special care or treatment. Most innocent heart murmurs eventually disappear as a child grows older and his or her heart grows bigger.

Summary

- Innocent murmurs can happen in healthy hearts
- No special precautions are needed
- No follow-up treatment is needed

Who can I contact for further information?

If you would like any further information, please contact a member of the children's cardiac nurse specialist team at Royal Brompton Hospital. The telephone number is **0330 12 87727**.

If you are asked to leave a voicemail message, please give your child's name, date of birth, your contact telephone number, and the reason for your call. A member of the team will call you back as soon as possible.

If your child's appointment was at Harefield Hospital, you can call the children's cardiac nurse specialist team on telephone number **01895 828 573**.



If you have concerns about any aspect of the service you have received in hospital and feel unable to talk to those people responsible for your care, call the Patient Advice and Liaison Service (PALS) on 01895 826 572 or email pals@rbht.nhs.uk. This is a confidential service.



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