

## HOLTER MONITORING PATIENT INFO/DIARY

### WHAT IS IT?

A Holter Monitor is a continuous recording of your heart's activity for 24 hours, allowing a physician to monitor or review your daily heart function for further diagnosis and assessment.

### IMPORTANT

1. Resume your normal daily activities.
2. Do not swim, bath or shower during the test.
3. Do not use electric blankets or heating pads.
4. Do not tamper with the wires or recorder. If a lead falls off, note the time in your diary and try to replace it and replace the lead with tape from around home.
5. Do not press the buttons on the monitor.
6. Use the diary below **ONLY** if you feel sick or having symptoms such as a sudden headache, dizzy, chest pain, weak, lightheaded, arm or shoulder pain, etc. Record both the time and your activity during the symptom in the diary below. Normal activities such as when you sleep, eat, take medication etc. do not need to be recorded.
7. At the holter's conclusion (maximum of 24 hours unless otherwise informed) please remove and discard electrodes (stickers on skin with cables attached) by unsnapping wires and place the wires and monitor in the disposable white bag provided. Please be sure to remove stickers before placing in bag.

PLEASE RETURN MONITOR AND CABLE ON \_\_\_\_\_ NO LATER THAN \_\_\_\_\_

\*\*\* If monitor is not returned there will be a \$3000.00 charge to patient \*\*\*

Return holter monitor to the drop-off box located on the 3<sup>rd</sup> floor next to Gift Shop, in the blue zone, at the main hospital entrance (see picture). If further assistance is required return to the cardiology department.

### HOLTER MONITORING PATIENT DIARY

TIME	ACTIVITY	SYMPTOMS

