

## HOLTER MONITOR INSTRUCTIONS

Your physician has requested that you wear a Holter Monitor for 24 hours to obtain a record of your heart's activity. You will be wearing a specialized recording device that will produce an electrocardiogram (ECG) for your doctor to review. The machine does not do anything *to* you but simply records all your heartbeats.

*THERE IS NO ELECTRICAL SHOCK HAZARD FROM THIS MACHINE!*

It will involve attaching electrodes and cables to your chest. The recorder will then be connected and worn around your waist.

You will be given a patient diary at the time of your appointment. This diary is a very important part of the test. Please record your symptoms, or any sensations that you have, carefully. There is an event recorder button on the machine that should be pressed whenever you have symptoms or unusual feelings. In particular, you should note the following:

- chest pain or heaviness (angina)
- shortness of breath
- palpitations (unusual awareness of heartbeats)
- fainting or near-fainting
- dizziness
- unusual fatigue

If you use the event recorder, be sure to write down the symptom that you experienced at that time in your diary. Also record in the diary the medications that you are taking.

RECORDERS MUST BE RETURNED THE NEXT DAY.

### **Prior to your appointment:**

- Do have a bath or shower
- Do wear a blouse or shirt that buttons down the front
- Women should wear a comfortable bra, no long-line or full slips
- DO NOT use lotions or talcum

While you are wearing the Holter Monitor

Please continue with your normal activities **WITH THE FOLLOWING EXCEPTIONS:**

- **DO NOT** shower, bathe or swim.
- **DO NOT** place the monitor near electrical devices such as electric blankets, microwave ovens, automobile generators or large batteries.
- **DO NOT** adjust the recorder, sensors, tape or cables.

**PLEASE NOTE:**

The holter monitor is an expensive piece of equipment. You will be responsible for the equipment if you damage or do not return it. The approximate cost is \$2,500.00.

I understand that I will be charged for damage or loss I cause to the holter monitor, i.e., getting the monitor wet or not returning it in a timely manner.

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Patients signature:

Date: