

Holter Information Sheet

Returning the Monitor

- Return the monitor and diary to one of our secure grey return boxes. One grey box is located on the main floor of Medical Centre 1, next to the elevators. The second grey return box is located outside suite 206, Medical Centre 1.
- It is very important that monitors are returned on the assigned date and time to ensure ALL of our patients receive the highest quality of care. **Late monitors will be charged \$50 per each additional day past the assigned return date.** Late times of more than 5 days will be charged the full value of the monitor, \$2500. Thank you for your returning your monitor as discussed at the time of hook up.

What is a Holter Monitor?

- This monitor will record every heart beat you have until the time you remove it.
- The monitor should be worn for the entire duration of the study unless instructed otherwise.

What to Record in Your Diary

****Please use the time displayed on the monitor.**

1. Times of going to bed and waking up.
2. Times of physical exercise.
3. Symptoms.

What NOT to Record

1. Times of eating.
2. Times of going to the bathroom.
3. Times if you wake up during the night.

What to do When You Have Symptoms

1. Push the "Event" button followed by the "Enter" button.
2. Record the time displayed on the monitor.
3. Record in the diary the symptom and what you were doing when the symptom occurred.
4. If you are concerned about any symptoms, please seek medical attention.

Reattaching the Monitor (if wearing longer than 72 hours)

1. Place electrodes on clean dry skin on location shown above.
2. Massage the electrodes onto the skin to ensure a good connection.
3. Attach the white lead on the right side of your chest.
4. Attach the black lead on the left side of your chest.
5. Attach the brown lead on the left side of your rib cage, under the breast area.

IMPORTANT THINGS TO NOTE

- Electrodes should be placed in slightly different location each time to prevent skin breakage and irritation.
- Electrodes should be replaced every 1-2 days.

DO NOT GET THE MONITOR WET

