



## PATIENT INSTRUCTIONS FOR 24 HOUR HOLTER MONITOR

1. The monitor is a small computer disc recorder which will record your heart beat for 24 hours.
2. **CARRY ON WITH NORMAL ACTIVITIES.** The idea of the monitor is to record the rhythm and the rate of your heart beat while you are doing **NORMAL** activities. You should not sit around all day but on the other hand you should not look for very strenuous activities to test yourself like mowing the lawns. If your Doctor is worried about exercise induced problems with your heart, he will order an exercise stress test.
3. **PATIENT DIARY AND EVENT BUTTON.** The diary is used to record your symptoms during the time you are wearing the monitor. It does not have to be detailed, but you should record the taking of medicine, emotional upsets and other physical activities.
4. Your doctor has ordered this test because of the symptoms you have felt please be sure to record the time and duration of these symptoms and any other unwanted symptoms such as palpitations, dizziness, shortness of breath, chest, neck, arm or jaw discomfort, excessive fatigue, nausea and any other unusual feeling.
5. **KEEP THIS DIARY AND PENCIL WITH YOU AT ALL TIMES.**
6. **PRESS THE EVENT BUTTON ONLY WHEN YOU HAVE A SYMPTOM.** The event button makes a mark on the disc and the computer then prints out the rhythm at the time. It is important to press the event button as soon as the symptoms occur and you can then record the time and the nature of the symptom in the diary
7. The monitor is expensive - please treat it with care.
8. **PLEASE DO NOT WET THE MONITOR OR LEADS!!!** You will NOT be able to have a shower or bath while the monitor is attached. If you have a wash, do not allow water to spill on the monitor or the leads as moisture will loosen the leads. Do not use baby or talcum powder.
9. **PLEASE DO NOT DROP THE MONITOR!!** As the monitor has a computer on board, it is very sensitive. Keep the monitor strap around your waist or over your shoulder when moving around do not shake the monitor and do not press any of the buttons except for the event button, as instructed above.
10. **PLEASE DO NOT TAKE THE LEADS OFF.** If the leads come loose, use sticky tape to stick them down again. Do not remove any tape that has been placed over the leads.
11. If you have any problems or require further information, please ring the Collection Centre at which you are having the test.
12. Please **do not** use a mobile phone or have an x-ray whilst wearing a holter monitor.