

Holter Monitor Patient Information

Procedure:

A Holter Monitor is a device that records patients' heart beats. The monitor will be attached for a period of 24 or 48 hours. While wearing the monitor, the patient is to keep record of their activities in a diary provided. Patients are asked to do all of their normal daily activities with the monitor on that we are able to make correlations between arrhythmias and activities/symptoms (no welding, x-rays, CT's, monitor cannot get wet). **The wires, monitor, and diary are to be placed in the Holter Monitor Drop off box at the volunteer desk at Admitting.**

PATIENT INSTRUCTIONS PRIOR TO TEST:

DO

1. Arrive at least 20 minutes early for your appointment. Go through Admitting to register. Bring your provincial health card with you.
2. **Bring a list of all medications** (including over-the-counter, herbal & vitamin supplements) that you take, including dose and when they are taken.
3. Wear a loose fitting shirt.
4. Inform the technologist performing the hook-up if you have any skin sensitivities or allergies.
5. Do not wear scented products.

DO NOT

1. **Do not bath or shower with the monitor on (the monitor cannot get wet).**
2. **No X-rays/CT scans with the monitor on.**
3. **No welding with the monitor on.**
4. **Do not use electric heating blankets with the monitor on.**