

Procedure Name: VHSD – Patient Instructions – Holter Monitor
Originating Department: Virtus – Diagnostics – Hurstville Laboratory

PATIENT INSTRUCTION SHEET FOR THE COLLECTION OF 24 HOUR HOLTER MONITOR - PATIENT INFORMATION

1. The MONITOR is a small computer which will record your heart beat for 24 hours. There is no electrical hazard risk to you and the monitor is safe for patients with pacemakers.
2. CARRY ON WITH NORMAL ACTIVITIES. The idea of the monitor is to record the rhythm and 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 lawns, which causes interference and artefact on the tape. Carry on with normal activities as if the monitor was not there. If your doctor is worried about exercise induced problems with your heart, he will order an exercise stress test.
3. PATIENT DIARY - BE SURE TO RECORD the time and duration of any unwanted SYMPTOMS such as: Palpitations, dizziness, shortness of breath, chest, neck, arm or jaw discomfort, excessive fatigue, nausea, and any other unusual feeling.

Please indicate the exact time of the day that any symptoms occur and include the circumstances associated with the symptoms. KEEP THIS DIARY AND A PENCIL WITH YOU AT ALL TIMES.

4. The MONITOR is expensive so treat it with care.
 5. DO NOT WET THE MONITOR 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
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6. water to spill on the monitor or the leads, as moisture will loosen the leads.
Do not use body powder or talcum.

7. 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 play with any of the buttons.

8. 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.

THANK YOU FOR YOUR CO-OPERATION.
