

Appointment Date: _____ **Time:** _____

- Please read this instruction sheet thoroughly at least 1 day before your appointment.
- Please arrive 15 minutes prior to your appointment and bring your Alberta Health Care Card and government-issued, photo ID with you for this test to be completed.
- If you require a translator, please bring one with you to your appointment.
- Children are not allowed in the lab area and cannot be left unattended in the waiting room.
- If you need to cancel your appointment, please call 403-571-8640 at least 24 hours in advance to reschedule.

What is a Holter Monitor?

A Holter monitor is a continuous electrocardiogram (ECG) that shows how your pulse and heart rhythm respond while you are performing your normal daily activities.

What happens during this test?

- This is a simple procedure. ECG-monitoring electrodes will be put on your chest by a technologist during your initial appointment. These electrodes will pick up the signals from your heart and transfer them to the portable device where they will be recorded. The recording will be translated into a report that a doctor will analyze. A Holter is different from an ECG. A Holter monitor shows how your heart reacts to activity throughout the day, while a resting ECG records only a small snapshot of your heart's pulse and rhythm while at rest.
- **The monitor will be applied on the day of your appointment. You will return the monitor in the morning the NEXT DAY (Friday appointments return the monitor on Monday morning).**

Preparation Instructions:

- There is no specific preparation for this test.
- Once the monitor is applied, you will be wearing it for approximately one day, depending on the test that was ordered.

While wearing the monitor:

- Do not tamper with the portable recorder in any way. You are responsible for the device.
- Do not take a shower or bath or get the equipment wet in any way.
- Do not use an electric blanket while wearing the Holter monitor as it may interfere with the recording.
- Do not pull on the electrode leads or disturb the tape holding the electrodes against the skin. If the electrodes do come loose, secure them with tape.
- Record all activities and symptoms in the **Patient Diary** along with the time on the monitor.
 - Examples of activities: exercise, walking, climbing, or running, etc.
 - Examples of symptoms: palpitations (heart pounding); dizziness; chest, arm, neck or face pain, nausea; shortness of breath; anxiety, etc. Record ANY and ALL symptoms and when they occur.

After the test:

- Please take the electrode leads and recorder off and return all equipment at the specific time indicated the following day. Return to TotalCardiology's Cardio-Diagnostic Clinic: #110, 2891 Sunridge Way NE. The technologist will collect the leads and recorder plus your Patient Diary for analysis.
- **Please note:** If you received the Holter monitor on a Friday, please return ALL the equipment and your Patient Diary on Monday morning between 6:00 a.m. and 9:00 a.m. to TotalCardiology's Cardio-Diagnostic Clinic.

Are there any risks associated with this test?

You may experience skin irritation at the electrode sites or, in very rare cases, permanent scarring.

Discussion of Test Results:

Please note that only the doctor who referred you and/or your family doctor can discuss the test results with you.

Our Location:

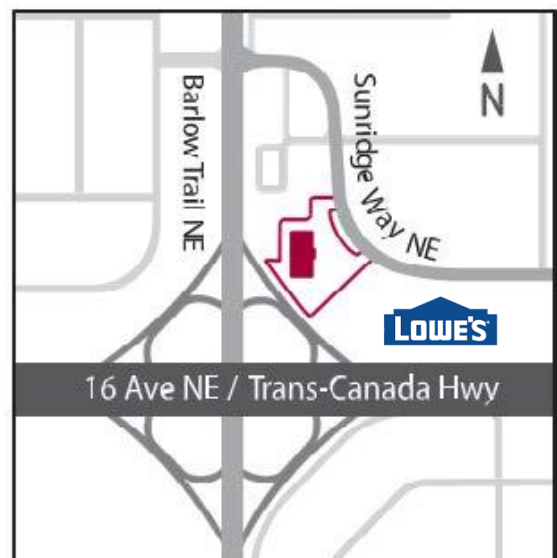
#110, 2891 Sunridge Way NE
Calgary, AB T1Y 7K7

Phone: 403-571-8640
Fax: 403-571-8658

Free parking is available next to the building.

Transit Directions

- Rundle station is the nearest C-Train station
- Bus 19 to Sunridge Way NE



Privacy

The personal health information that you provide our clinic is collected, used and disclosed in accordance with the provisions of the Health Information Act. It is also used to provide diagnostic treatment and care services to you and to bill your provincial health plan for services provided. For more information, please contact us at 403-571-8640.