

Appointment Date:

Time:

## Preparing for Your Test:

### On the day of your test:

- Do not apply body lotions, creams or powders to your chest the day of your appointment.
- Once the monitor is applied it must be worn continuously for the time specified. You may resume regular activities, but do not shower, bath or get the equipment wet.
- The device is safe to wear. Please do not tamper with the recorder and do not pull on any of the electrodes applied to your skin. If the electrodes come loose, secure them with tape.
- You will be given a patient diary and instructions for filling this out. Record ANY and ALL symptoms in the **Patient Diary** along with the time on the monitor. More information on the next page.
- The monitor will be applied the day of your appointment. You will return the monitor the next morning (Friday appointments will return Monday). More information on next page.
- 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.
- This test takes about 15 minutes to apply the electrodes and provide recording instructions.
- If you need to cancel, please call 403-571-8640 at least 24 hours in advance to reschedule. No shows will be charged a cancellation fee.

### Appointment Location

#110, 2891 Sunridge Way NE

Phone: 403-571-8640

Free parking is available next to the building.

### Transit Directions

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

### What is Holter Monitor?

A Holter monitor is a continuous electrocardiogram (ECG) that shows how your heart reacts to activity throughout the day while performing normal daily activities.



A copy of your test findings will be sent to your referring and/or family doctor who can discuss the results with you.

### What will happen during the test?

- A technologist will place sticky electrodes on your chest. These electrodes will pick up the signals from your heart and transfer them to the portable monitor where they will be recorded and later analyzed by a cardiologist.
- You will be given instructions for how to care for the equipment, when to return, and how to fill out your **Patient Diary**.

### Are there any risks associated with this test?

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

# Holter Monitor Patient Diary and Equipment Instructions

## FILLING OUT THE PATIENT DIARY

- Record **ANY** and **ALL** symptoms you experience in the **Patient Diary** along with the time 🕒 on the monitor.
- Examples of activities: exercise, walking, climbing, or running.
- Examples of symptoms: palpitations (heart pounding), dizziness, chest, arm, neck or face pain, nausea, shortness of breath, anxiety, etc.

## RETURNING THE EQUIPMENT AND PATIENT DIARY

- Please take the electrode leads and monitor off and return all equipment by the time you are given the following day.
- 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.
- 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.
- A copy of your test findings will be sent to you referring and/or family doctor who can discuss the results with you.

### Our Location:

#110, 2891 Sunridge Way NE  
Calgary, AB T1Y 7K7  
Phone: 403-571-8640

Free parking is available next to the building.

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