TotalCardiology

Once the monitor is applied, you will be wearing it for continuously for approximately 1 or 2 days.

While wearing the monitor:
DO NOT tamper with the recording monitor in any way. You are responsible for its care.

DO NOT shower, 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 ANY and ALL symptoms and when they occur in the Patient Diary along with the **time on the monitor**.

Examples of activities are exercise, walking, climbing, or heavy working, etc.

Examples of symptoms are chest, arm, neck or face pain, palpitations (heart pounding), dizziness, nausea, shortness of breath, anxiety, etc.

After the test/Equipment Return:
Please take off the electrode leads and monitor and **return all equipment and your completed Patient Diary** at the specified time the following day. If you received the Holter monitor on a Friday, please return ALL equipment and your Patient Diary on Monday morning between 6:00 am – 9:00 am.

Return to TotalCardiology Cardio-Diagnostics 110-2891 Sunridge Way NE.

Return by:

Patient Diary (Holter Monitor)

		SYMPTOMS							
Time	**Activities**	**Palpitations**	**Dizziness**	**Nausea**	**Short of Breath**	**Chest Pain**	**Arm Pain**	**Other Pain**	**Other (Describe:**

Instructions: Using a checkmark (✓), indicate any symptoms experienced **AND** the time they occurred. Record the time on the same line as the symptoms. The time must be taken from the monitor and not a watch, computer, phone, or other clock.

You are responsible for the care of the Holter monitor while it is on loan to you for your test. It is important to bring the equipment back at the scheduled time as other patients will be waiting to use it.