

Holter Monitor Diary



Return Day and Time:

☐ Mon ☐ Tues ☐ Wed ☐ Thurs ☐ Fri

6:00 am – 9:00 am (morning appointments)
6:00 am – 12:00 pm (afternoon appointments)

Return to TotalCardiology
110-2891 Sunridge Way NE

Once the monitor is applied, you will wear it 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 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.

If instructed, record symptoms and when they occur in the space below 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.
- Use a checkmark (✓) to indicate any symptoms experienced **AND** the time they occurred in the diary below.
- 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.

After the test:

Please take off the electrode leads and monitor and **return all equipment and completed diary** at the specified time the following day. If you received the monitor on a Friday, please return Monday morning between 6 – 9 am.

[illegible]

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