

Holter Monitor Test Instructions



Appointment Date:

Time:

What to bring to your test:

- Alberta Health Care Card and government-issued photo ID are required for this test to be completed.
- If you require a translator, please bring one with you to your appointment.
- Bring a list of your medications with you, including name and dose (amount you take).

Day of your test:

- Please arrive 15 minutes before your appointment.
- Do not apply body lotions, creams or powders.
- Arrange for childcare – for safety reasons children are not allowed in the lab area and cannot be left unattended in the waiting room.
- This test will take approximately 15 minutes and includes an ECG before the monitor is applied, monitor application and instructions on how to use the monitor once it is applied.
- 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.

After your test:

- The monitor is safe to wear and must be worn continuously for the time specified.
- You may resume regular activities, but do not shower, bathe or get the equipment wet.
- 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 instructions for how to record symptoms, either by pressing a button on the monitor or by filling out a patient diary.
- Record ANY and ALL symptoms as instructed (see next page).
- You will return the monitor the next morning. Friday appointments will return Monday (see next page).



Location:

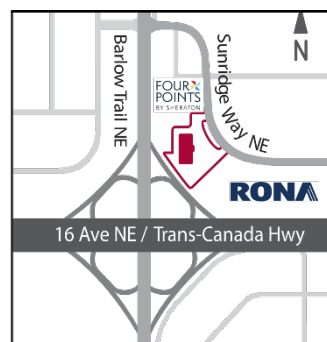
2891 Sunridge Way NE, Suite 110
Phone: 403-571-8640

Free parking is available in front of the building.



Transit Directions:

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





Holter Monitor Test Information

What is a 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.

What will happen during the test?

- A technologist will clean and lightly rub a few small areas of your chest with fine sandpaper and alcohol to ensure the electrodes adhere well. Once the electrodes are applied, they 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 on how to care for the equipment, when to return, and how to record your symptoms.

What happens after the test?

- You may resume normal activities after the test is completed.
- You may experience skin irritation at the electrode sites or, in very rare cases, permanent scarring.
- A copy of your test findings will be sent to the referring doctor to discuss with you.

Instructions for filling out the Patient Diary: (If instructed to fill in)



- Record ANY and ALL symptoms you experience in the 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.

When and where to return the equipment and diary?



- Once you have worn the monitor for the time instructed, please remove the electrode leads, take the monitor off and return all equipment by the time you are given the following day.
- You will be given a return time when the Holter monitor is applied. It is important to bring back the monitor at the specified time as other patients are waiting for equipment.
 - Morning appointments will return the following day between 6:00 am – 9:00 am
 - Afternoon appointments will return the following day between 6:00 am – 12:00 pm
- 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 Sunridge location: #110, 2891 Sunridge Way NE. There is a drop box located in the main lobby. If this box is full, please bring to the main reception desk.