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Holter Monitor – Patient Instructions Sheet

- Now you have your Holter monitor connected..... What is next?

What should you do during the recording period ?

- Continue normal activities while wearing the monitor. Don't avoid stress, work, or exercise.
- You may wear a loose-fitting blouse or shirt. Avoid wearing jewelry or clothes with metal buttons or buckles, because these can interfere with the recording. Women should not wear an underwire bra for the same reason.
- You must keep the monitor close to the body, either in a pocket or clipped in your belt. Electrodes must be firmly attached to the chest to permit accurate recording of the heart's activity.
- When sleeping, try to stay on your back with the recorder carefully positioned at your side so that the electrodes are not pulled off. Don't take a shower. A sponge bath is OK, be careful so the electrodes don't pull off.
- While you are wearing a monitor, try to stay away from magnets, metal detectors, high-voltage areas, garage door openers, microwave ovens, and electric blankets. Do not use an electric toothbrush or shaver. Signals from these types of electronic equipment can sometimes interfere with the recording. If an electrode falls off, re-apply using adhesive tape to keep it in place.
- **All about the DIARY.....** You will need to carry the diary with you while you are wearing the monitor. ***IT IS VERY IMPORTANT*** that you accurately record your symptoms and activities with the times when they occurred so that the doctor can correlate them with your Holter monitor findings. In the diary, write down the exact times when you exercise, climb stairs, eat, urinate, have a bowel movement, have sex, smoke cigarettes, sleep, get emotionally upset, take medications, or perform other activities. If you have any symptoms of heart problems, such as dizziness, fainting, chest pain, or palpitations; write down the exact time and duration of the symptom. For example, you might write: "12:30 p.m. Ate lunch. 1:00 p.m. Argument with boss, had chest tightness for several minutes." **The accuracy and usefulness of this test depend on how carefully you record your activities and symptoms and the times they occurred.**

What should you do after the recording period ?

- Do not take the monitor off until the time you are instructed to do so-----
- At the end of the recording period , you will either return to our office to have the electrodes removed or, if you've been taught how, you may remove the electrodes yourself.
- Do not try to remove the flash card or battery from the monitor.
- Return the monitor to our office as soon as possible after you have removed it.

September 9, 2005

