

# HOLTER MONITOR TEST PATIENT GUIDE

## Appointment Information

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
mm dd yy

Time: \_\_\_\_\_

### What it is?

A Holter monitor is a small, wearable device that keeps track of your heart rhythm. Your doctor may want you to wear a Holter monitor for one to two days. During that time, the device records all of your heartbeats.

A Holter monitor test is usually performed after a traditional test to check your heart rhythm (electrocardiogram) if the electrocardiogram doesn't give your doctor enough information about your heart's condition.

### How to prepare?

- No preparation is needed for this test, you just need to make an appointment and allow a maximum of 15 minutes for the Holter monitor to be installed, plus another 5 minutes to remove it on the following day.
- Underage patients should be accompanied by a responsible adult.
- You may be asked to provide a service authorization and prior test results, if needed.
- Please arrive 15 minutes prior to your scheduled appointment time.

### When the monitor is fitted follow these instructions

- Do not get the monitor wet, or expose it to excessive humidity.
- Be careful not to hit the device.
- Do not remove the equipment from your body under any circumstances.
- Avoid using radio transmitters or electronic waves such as microwaves.
- Do not have any X-Ray, MRI or CAT scan tests done while wearing the Holter monitor.
- Do not bring the equipment near to metal detectors.
- Do not remove the carrying case or the battery from the monitor.

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## What to expect

- Holter monitoring is painless and noninvasive. You can hide the electrodes and wires under your clothes, and you can wear the recording device on your belt or attached to a strap. Once your monitoring begins, don't take the Holter monitor off — you must wear it at all times, even while you sleep.
- While you wear a Holter monitor, you can carry out your usual daily activities. Your doctor will tell you how long you'll need to wear the monitor. It may vary from 24 to 48 hours, depending on what condition your doctor suspects you have or how frequently you have symptoms of a heart problem. A wireless Holter monitor can work for weeks.
- You'll be asked to keep a diary of all your daily activities and any symptoms you have while you're wearing the monitor for your doctor to compare with what the Holter monitor records.
- Once your monitoring period is over, you'll go back to Sanitas to return the Holter monitor and provide the diary you kept.
- Your doctor will analyze the results and discuss the findings with you.