

## **PATIENT INFORMATION FOR HOLTER MONITOR**

- A Holter monitor is a small portable digital recorder that records the electrical activity of your heart for a period of time, as determined by your doctor. Holter monitoring provides your doctor with a heart rate and a continuous rhythm during your daily activities. It is a useful tool to diagnose abnormal heart rhythms.
- A monitor can be worn for 48, 72 hours, and 1 week or 2 weeks.
- You will not be able to take a shower or a bath during the period you're wearing the Holter monitor.
- You will carry out your day to day activities as usual.
- Installation of the monitor takes approximately 20 minutes.

### **DAY OF YOUR APPOINTMENT:**

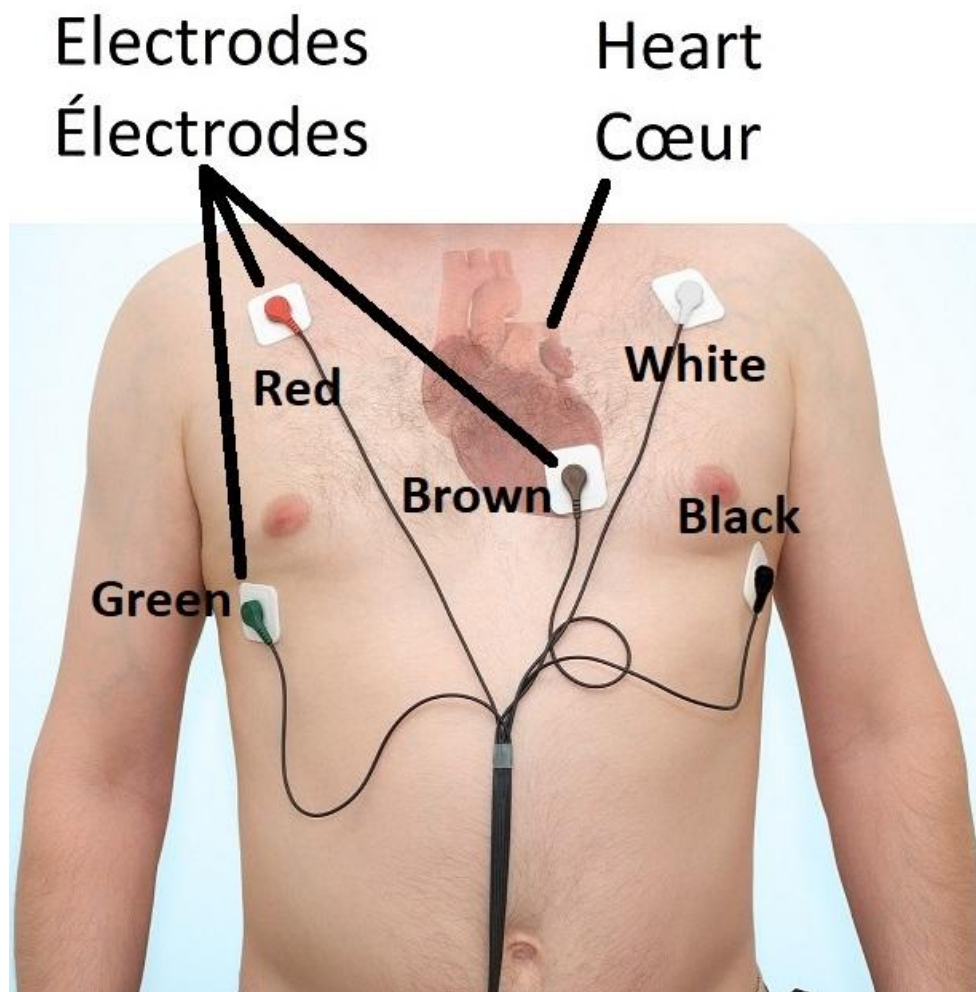
- Please take a shower before coming to your appointment. (You will not be able to shower or bathe while wearing the Holter).
- Do not wear any powder, lotions, creams, or perfume on your chest area.
- Bring your medication list.
- Wear comfortable loose clothing.

### **PROCEDURE:**

- You will be asked to remove your clothing waist up. Women will keep their brassieres on.
- Small areas on your chest will be cleaned with alcohol and then lightly rubbed with fine sandpaper. This helps for better electrode adhesion. If necessary, the areas will be clipped / shaved of hair.
- Electrodes will be applied to each prepared site on your chest and side of your body.
- The clips which are attached with cables will be connected to the electrodes and the cables are connected to the Holter device which is then placed in a pouch and worn on a belt or as a cross body purse.
- The technician will instruct you to press the "Event" button when experiencing symptoms.
- You will be instructed to remove the monitor at a specified date and time and to discard the used, as well as unused, electrodes.
- Place the equipment in a clean bag with the sheet we provide you and return by the time specified.
- Once the equipment is returned, the data are analyzed, and then reviewed by a cardiologist. Once finalized, a report will be sent to your doctor. Your doctor's office will notify you of the results.

## PLACEMENT OF ELECTRODES:

- Upper Right – Red
- Lower Right - Green
- Middle – Brown
- Upper Left – White
- Lower Left - Black



Should you have any questions, please do not hesitate to contact us at 613-699-3376 ext. 5, Monday through Friday, between 8:00am and 5:00pm.

Should you wish to cancel and/or reschedule your appointment, please provide us with a 24-hour notice.