St Luke's
Idaho Cardiology Associates

HOLTER MONITOR INSTRUCTIONS

A Holter monitor has been ordered by your doctor to monitor your heart rate and rhythm. Do not remove the cassette tape, disc or wire from the unit itself. Please return the unit to the office before the end of the next working day. Please follow the simple instructions below to assure the best quality test possible.

1. Do not shower or bathe while wearing the unit.

2. *Men*: Wear a T-shirt while sleeping to help hold the wires in place and to prevent an electrode from coming detached from your chest.

   Women: Please wear a loose fitting bra at night to help hold the wires and electrodes in place.

3. Please go about your normal activities during the recording period.

4. Please do not use an electric blanket or heating pad, or sleep in a waterbed if a heater is used. This causes electrical interference with the monitor and makes scanning the tape very difficult.

5. Please keep a record of your activities and symptoms for the recording period in your diary. Sample diary entries are listed below. The information in the diary will help correlate the activity and the rhythm on the recording. Return the diary when you return the monitor.

6. At the end of the recording period, the unit can be stopped by removing the battery before removing the electrodes from your chest. If you prefer to come in to the office to have the unit removed we can make arrangements to do that for you.

7. Results will be available within one week through your ordering physician. If there is a problem with your scan your doctor will be notified as soon as possible.

8. SPECIAL INSTRUCTIONS:_____

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SAMPLE DIARY ENTRIES – PLEASE ONLY USE THIS LIST AS A GUIDELINE

ACTIVITIES		SYMPTOMS	
Asleep	Intercourse	Chest pain	Palpitations
Bowel movement	Meal	Dizzy	Short of breath
Cigarette	Medications	Feel anxious	Shoulder pain
Coffee	Rest	Headache	Tight chest
Drinking pop	Tea	Indigestion	Tired
Exercise		Other pain	Weak