

Appointment Date: _____ Time: _____

- Please read this instruction sheet thoroughly at least 1 day before your appointment.
- Please arrive 15 minutes before your appointment and bring your Alberta Health Care Card and Photo ID with you in order to have this test completed.
- If your English is limited, please bring someone to translate for you.
- Children are not allowed in the lab during testing and cannot be left unattended in the waiting room.
- If you need to cancel your appointment please call 403-571-8640 at least 24 hours in advance to reschedule.

What is an Holter Monitor?

A Holter Monitor is a continuous electrocardiogram (ECG) taken to see how your pulse and heart rhythm respond while you are performing your normal daily activities.

What will happen during the test?

This is a simple procedure, ECG monitoring electrodes will be put on your chest by a technologist during your initial appointment. These electrodes will pick up the signals from your heart and transfer them to the portable recorder, where the signals will be recorded. The recording will later be transformed into a report which your doctor will analyze. Holter differs from a resting ECG in that a resting ECG only records a small portion of your heart's activity – it is a snapshot of your pulse and rhythm. A resting ECG is taken at rest, therefore does not show how your heart reacts to your daily activities.

The Holter Monitor should not interfere with your normal routine and there are only a few restrictions to consider. The restrictions are listed in the preparation instructions below.

Preparation Instructions

- There is no specific preparation for this test.
- Once the monitor is applied, you will be wearing it for approximately 24 or 48 hours, depending on the test that was ordered.

During the Test:

- DO NOT tamper with the recorder in any way. You are responsible for the device.
- DO NOT take a shower or bath or get the equipment wet in any way.
- DO NOT use an electric blanket while wearing the Holter monitor as it may interfere with the recording.
- DO NOT pull on the electrode leads or disturb the tape holding the electrodes against the skin. If the electrodes do come loose, please secure them with tape.
- RECORD all activities and symptoms in the PATIENT DIARY along with the times.
 - Examples of activities are exercise, walking, climbing, or heavy working.
 - Examples of symptoms are; chest, arm, neck or face pain; palpitations (heart pounding); dizziness, nausea, shortness of breath, anxiety, etc. Record ANY and ALL symptoms when they occur.

After the Test:

- Please take the electrode leads and monitor off and return all equipment to TotalCardiology's Cardio-Diagnostic Clinic #110, 2891 Sunridge Way NE at the specific time indicated the following day. The technologist will collect the leads, monitor and Patient Diary for analysis.
- **Please Note:** if you have received the Holter Monitor on a Friday please return ALL the equipment and your patient diary on Monday morning between 7:00am and 9:00 am to TotalCardiology's Cardio-Diagnostic Clinic.

Risks:

- You may experience skin irritation at the electrode sites or in very rare cases, permanent scarring.

Discussion of Test Results:

Please note that only your referring and/or family physician can discuss the test results with you.

Our Location:

We are located at:

**#110, 2891 Sunridge Way NE
Calgary, AB T1Y 7K7**

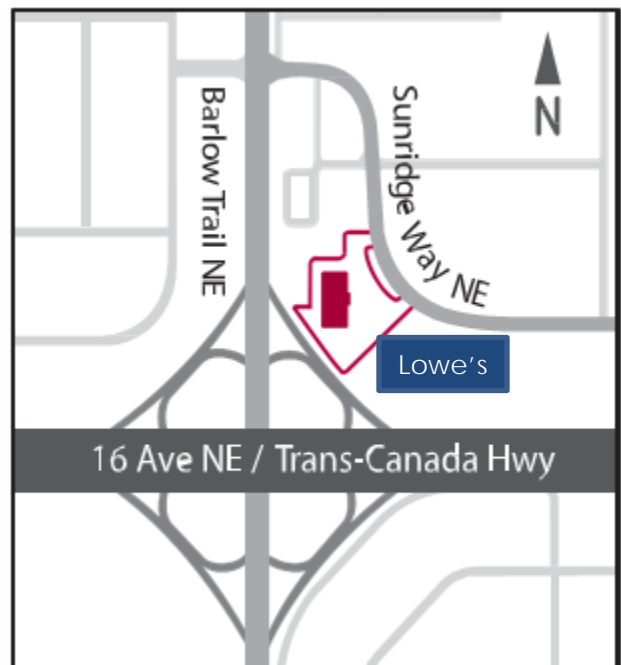
(T) 403-571-8640

(F) 403-571-8658

Parking is available next to the building.

Transit directions:

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



Privacy:

The personal health information that you provide our clinic is collected, used and disclosed in accordance with the provisions of the Health Information Act.

It is also used to provide diagnostic treatment and care services to you and to bill your provincial health plan for services provided. For more information please contact us at 403.571.8640.

Patient Diary – to be completed and returned with your monitor

		Symptoms							
Time	Activities	Palpitations	Dizziness	Nausea	Short of breath	Chest Pain	Arm Pain	Other Pain	Other (Please provide details)

Instructions: With a check mark, indicate any symptoms experienced. Be sure to record the time on the same line as the symptom. **The time must be obtained from the digital clock on the monitor and NOT from your watch or other clock.**

Please return the completed diary with your monitor.