

CASCADE HEART



HOLTER MONITOR PATIENT INFORMATION

The Holter monitor is continuous monitoring of the heart rate and rhythm. The review of these tracings allows the cardiologist to note abnormalities in the heart rate or rhythm which may or may not be causing your symptoms.

The hook-up for this test involves the placement of electrodes on the chest attached to wires leading to the monitor. The monitor is lightweight, and will be attached to your belt or to a shoulder strap.

The test requires you be hooked up to the monitor for approximately 24 hours, involving an appointment to be hooked up and an appointment the next day for disconnect.

The following instructions provided to help you better understand what is expected of you while wearing the monitor.

Go about normal activities while wearing the monitor. Avoid any activities that may damage the recorder.

No bathing or showering while wearing the monitor. Sponge bathing and shampooing hair is ok.

Note in your diary your activities during the monitoring period to help us correlate activities and changes in heart rate and rhythm. (See inside cover of diary for examples of activities to be included.)

Use your personal watch or clock for entering times in the diary

Press the "event" button ONLY WHEN SYMPTOMS OCCUR and note in your diary the time and what symptoms you were having.. Your symptoms are those which prompted your physician to request you wear the monitor.

At bedtime, you may detach the recorder from the belt or shoulder strap and place it on the bed or under your pillow. Or you may leave it on the belt or shoulder strap if you are one to arise often during the night.

DO NOT PLACE THE RECORDER ON THE NIGHT STAND.

Routinely check the electrodes to make sure they have not become detached from your skin. You will be given additional electrodes to replace them if this should occur.
(see color key on reverse side for electrode placement)

Your signature signifies that you accept the responsibilities required in this test and agree to return all equipment and accessories at the appointed time. (monitor, carrying case, strap and lead wires)

A fee will be imposed for equipment not returned and a late charge of \$25.00 per day if the monitor is not returned at the time agreed. This fee will be the patient's responsibility to pay since this will not be covered by insurance.

PATIENT _____ DATE _____ 7/03