

Cardiopulmonary Department**Holter Monitor Diary Instructions**

Your doctor has prescribed the Holter monitor ECG test for you. The Holter will record each heartbeat while you are wearing it as you go about your daily activities. It is important that you record your activities on the diary provided to you at the time of your visit. When you record an activity in the diary it is necessary that you note the time of the event using the clock on the Holter monitor screen.

Examples:

1. When you exert yourself, please list in the **Activity column** such as: chores, errands, exercising, stairs, driving with the time.
2. When you rest, please list in the **Activity column** such as: sitting in the chair, reading, computer, watching TV, going to bed with the time.
3. Meals: Please list in the **Activity column**: breakfast, lunch, dinner or snacks. There is **no need** to list the foods you ate. **You must** list any caffeine and/or alcohol intake along with the time.
4. Medications: Please note in the **Activity column** "**Medications**" when you take your medications along with the time.
5. Bowel movements: Please note in the **Activity column** when you have had a bowel movement along with the time.
6. Symptoms: If you should experience any symptoms associated with any activity, please list the nature of the symptom in the **Symptoms column** along with the time.

PLEASE KEEP YOUR DIARY WITH YOU THE ENTIRE TIME YOU ARE WEARING THE HOLTER MONITOR

A Holter monitor is a highly sophisticated and costly medical device. Always handle it with care. Avoid bumping or swinging it. **DO NOT GET THE RECORDER WET!** This means you cannot take a shower or tub bath while you are wearing it. Do not rub or scratch the areas where the electrodes are placed. Do not pull on the cable or electrode wires.

Should an electrode fall off while wearing the monitor, it will be necessary for you to replace it. Clean and dry that area of the chest and place a new electrode provided for you as shown in the diagram. If a lead wire becomes unsnapped from the electrode, simply snap the lead back on.

Any questions pertaining to the Holter monitor, please call the Cardiopulmonary Department at 989.269.8933 X 4420.

Philips Holter with Zymed Algorithm