



HOLTER MONITORING

A Holter monitor is a small portable device that records the electrical activity of your heart continuously for **72 hours**. A standard ECG lasts less than a minute, so a Holter recording is much more likely to pick up an abnormal heart rhythm.

The test is most often used to check for arrhythmias, such as a fast or slow heartbeat. Please ask your doctor why this test was ordered for you.

YOUR RESPONSIBILITIES

The Holter monitor is costly medical equipment. Please handle it with care while it is with you.

- **Do not shower or bathe** during the test. Water can damage the monitor.
- Avoid any other activity where the monitor could get wet.
- If needed, use a damp cloth to clean around the patches, away from the leads and the monitor.
- At bedtime, put the monitor somewhere safe, where it cannot fall or end up under your body.

KEEPING YOUR DIARY

A Holter diary is printed on the back of this page. Write down any symptoms you feel while wearing the monitor, such as palpitations, chest pain, dizziness or shortness of breath.

For each one, note the **symptom**, the **time** and the **activity** you were doing.

Return the diary with the monitor. If you had no symptoms, **return the blank diary**. Having no symptoms is useful information for your report.

COMMON QUESTIONS

The monitor shows "LEAD LOOSE"

The monitor is not getting a signal from one or more of the electrodes (the white patches). A patch may not be stuck firmly to your skin, or a cable may be loose.

Check that every patch is in place and every cable is fully connected. You can replace a loose patch with a new one. If the message stays on, call us during business hours.

Itchy skin

The patches can cause itching, especially if you sweat. Try not to rub or scratch the area, because this can disturb the recording. You can wipe around the patches with a damp cloth.

LATE RETURN POLICY

Other patients are waiting for this monitor, so please return it on time. **All monitors must be returned within 24 hours of the due date.** A monitor returned later than that (not counting weekends or public holidays) is considered late and is subject to a **late charge of \$50.00 per day**.

HOLTER MONITOR AGREEMENT

You have signed an agreement to take proper care of the monitor as advised. You are responsible for the full cost of the monitor **(\$4,000.00)** if it is lost or damaged from misuse.

Questions about your monitor?

Phone: **416-660-7840**

Email: **echovasc@gmail.com**

CLINIC COPY

Due date

Holter ID

Echovasc Imaging Diagnostics

Phone: 416-660-7840

Email: echovasc@gmail.com

LATE RETURN POLICY

Other patients are waiting for this monitor, so please return it on time. **All monitors must be returned within 24 hours of the due date noted above.** A monitor returned later than that (not counting weekends or public holidays) is considered late and is subject to a **late charge of \$50.00 per day**.

HOLTER MONITOR AGREEMENT

I understand that I will take proper care of the Holter monitor as advised. I agree that I am responsible for the full cost of the monitor **(\$4,000.00)** if it is lost or damaged from misuse.

I understand that I must return the Holter monitor by the due date, and I agree to pay any charges set out in the **Late Return Policy** if I do not.

Patient name

Patient signature

Date

FOR OFFICE USE

Patient name

Holter ID

Monitor put on (date and time)

Monitor returned (date and time)

Received by

Notes

Holter monitor *diary*



Echovasc
IMAGING DIAGNOSTICS

Patient name

Holter ID

Start date and time

End date and time

Write down each symptom you feel while wearing the monitor, such as palpitations, chest pain, dizziness or shortness of breath. Use one line for each symptom, and note the time and what you were doing.

Date	Time (AM/PM)	What you felt	What you were doing

☐ I had no symptoms while wearing the monitor.

Please return this diary with your monitor.