

*Danbury Hospital Patient Education Sheet***Holter Monitor Diary Instructions****Introduction**

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. For example:

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 a chair, reading, computer, watching TV, going to bed with the time.
3. Meals-please list in the **Activity** column, breakfast, lunch, dinner, 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 **Symptom** column, with the time.
7. If a lead wire or an electrode falls off note this occurrence in the **Activity** column with the time.

Please keep the diary with you the entire time you are wearing the Holter monitor.

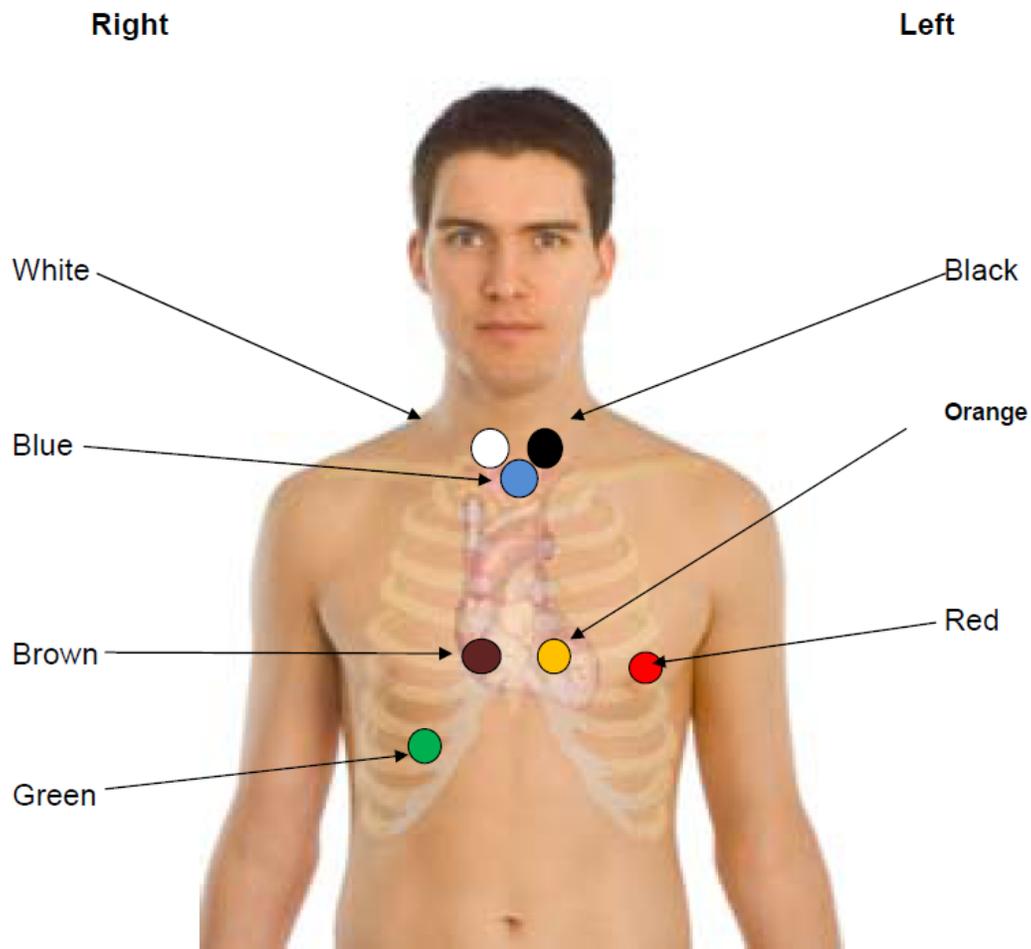
A Holter Monitor is a highly sophisticated and costly medical device. Always handle it with care. Avoid bumping or swinging it.

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.

A minimum of 20 hours of recording time is required to get the test results needed (for a 24hour monitor). After 20 hours of recording you may remove the monitor. When removing the monitor, unsnap the wires from the electrodes. Once all the wires are completely removed, place the monitor with the cable still attached to the monitor into the plastic bag. Place the diary in the bag with the monitor. Throw away the electrodes that were placed on your chest. Return the plastic bag containing the monitor, cable and diary **AS SOON AS POSSIBLE** to the 3rd floor of the Danbury Hospital Medical Arts Center building located at 111 Osborne Street. Please hand the monitor to an employee and tell them it is for “Cardiology”.

CAUTION: UNDER NO CIRCUMSTANCES IS THE BATTERY TO BE REMOVED!

There are 7 electrodes placed on your chest, (See the arrows pointing to all of the 7 examples). Each one has a different color. Should an electrode falloff 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 below. 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 Cardiology Department at Danbury Hospital between 8am-4:30pm.
203-739-8218

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For more information, or to learn about the specialized services and programs available at Danbury Hospital, please visit www.DanburyHospital.org