

Holter Monitor Diary



Allina Health

Personal Information

Name: _____

Date of birth: _____

Age: _____ Gender: _____

Health Care Provider: _____

Test Information

Date of recording: _____

Time of Test: Start _____ a.m./p.m. Stop _____ a.m./p.m.

Length of Test: 24 hours 48 hours

Test strips done: Yes No

Pacemaker: Permanent Temporary

Type: AAT AAI AAIR

VVI VVT VVIR VDD

DVI DDIR DDD DDR

Other: _____

Medicines you take (names and doses):

Holter Monitor

The purpose of the holter monitor is to help your health care provider determine the rhythm of your heart. They want to observe your heart rhythm during your normal, everyday activities.

The monitor is a small, portable electrocardiographic machine that you wear on a belt or shoulder strap. The lightweight monitor records any unusual heart rhythms. This is a painless test.

Studying the results of the test, your health care provider can decide on any treatment you may need.

Before the Test

There is no need to prepare for this test.

During the Test

- The technician or nurse will put small electrode patches on your chest. These discs have wires connected to the monitor. The monitor records your heartbeats on magnetic tape. Your voice or other noises will not be recorded.
- You wear the monitor on a belt or shoulder strap. The monitor will not show under loose clothing.
- You wear the monitor under your clothing for 1 or 2 days. Your health care provider will tell you how long you need to wear the monitor.
- You can go about your usual activities. Do not swim or take a shower or bath. (The electrodes and monitor cannot get wet.)
- When you are wearing the monitor, you will need to fill out a diary log of all your activities and symptoms.

How to Use the Diary

Carry this diary and a pencil with you at all times. Please write down the types and times of activities and symptoms.

Please record the following:

- **time of day.** Write the specific time of day the activity or symptoms occurred. Use the recorder clock on the monitor for every entry in the diary. If your monitor does not have a recorder clock, use a watch or clock to record your entries.
- **activities.** Write down any activity you do, such as sitting, walking, stair climbing, fast walking, running, eating, smoking, urinating, having a bowel movement, having intercourse, taking medicine, or having emotional upsets.
- **symptoms.** Write down the symptom you have, such as fast heart rate, shortness of breath, chest pressure, dizziness, nausea, anxiety, lightheadedness, or chest, neck, arm or face pain. If you have any doubt, write it down.

Remember, the more complete your diary, the more value it has for your health care provider. Please print clearly so your health care provider or technician will understand your comments.

What to Know About the Monitor

- Be sure to press the “event” button on the monitor when you have symptoms and make a diary entry, or as directed by your health care provider, technician or nurse.
- If the electrodes come loose, secure them with tape in their original positions.
- Continue all of your normal activities while wearing the monitor.
- Do not tamper with the electrodes or lead wires.
- Do not use an electric blanket while you are recording.

After the Test

- When the test is done, return to the hospital or clinic. Be sure to bring your diary.
- The monitor and electrodes will be removed.
- The recording will be processed and the results will be reported to your health care provider.



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