

Preparation Instructions

On the Day of Your Test:

1. **Preparation:**
 - Avoid using body lotions, creams, or powders on your chest on the day of your appointment.
2. **Monitor Application:**
 - The monitor will be applied during your appointment. It must be worn continuously for the specified duration.
 - You can resume regular activities, but avoid showering, bathing, or getting the equipment wet.
3. **Care Instructions:**
 - The device is safe to wear. Do not tamper with the recorder or pull on the electrodes. If an electrode comes loose, secure it with tape.
4. **Patient Diary:**
 - You'll receive a patient diary and instructions. Record ALL symptoms and their timing in the diary while wearing the monitor.
5. **Returning the Monitor:**
 - Return the monitor the next morning (or on Monday if your appointment is on a Friday).
6. **Arrival and Identification:**
 - Arrive 15 minutes early for your appointment.
 - Bring your Health Care Card and a government-issued photo ID.
7. **Additional Information:**
 - If you need a translator, bring one with you.
 - Children are not permitted in the lab area and cannot be left unattended in the waiting room.
8. **Test Duration:**
 - The application of electrodes and recording instructions will take about 15 minutes.
9. **Cancellation Policy:**
 - To cancel or reschedule, call our office at least 24 hours in advance. No-shows will incur a cancellation fee.

What is a Holter?

A Holter monitor is a continuous electrocardiogram (ECG) that shows how your heart reacts to activity throughout the day while performing normal daily activities.

What happens during the test?

- A technologist will attach small, sticky electrodes to your chest. These electrodes detect your heart's electrical signals and transmit them to the portable monitor, which records the data for later analysis by a cardiologist.
- You will receive detailed instructions on how to care for the equipment, when to return it, and how to fill out a **Patient Diary** to track your activities and any symptoms during the monitoring period.

Are there any risks associated with this test?

The Holter monitor test is safe and non-invasive. However, some people may experience mild skin irritation where the electrodes are placed. In very rare cases, there is a risk of permanent scarring at the electrode sites.

Preparation Instructions

Filling out the patient diary

Record ANY and ALL symptoms you experience in the **Patient Diary** along with the time on the monitor.

- Examples of activities: exercise, walking, climbing, or running.
- Examples of symptoms: palpitations (heart pounding), dizziness, chest, arm, neck or face pain, nausea, shortness of breath, anxiety, etc.

Return the equipment and patient diary

Please take the electrode leads and monitor off and return all equipment by the time you are given the following day.

- If you received the Holter monitor on a Friday, please return ALL the equipment and your **Patient Diary** on Monday.
- Return to Toronto Cardiac Care clinic at 108-45 Sheppard Ave E, Toronto.
- The technologist will collect the leads and recorder plus your **Patient Diary** for analysis.
- A copy of your test findings will be sent to you referring and/or family doctor who can discuss the results with you.