



Patient's Name:

Holter removal date and time:

Holter#:

Once the monitor is applied, you will be wearing it for continuously for approximately 1 or 7 days.

While wearing the monitor:

DO NOT tamper with the recording monitor in any way. You are responsible for its care.

DO NOT shower, bath, or get the equipment wet in any way.

DO NOT use an electric blanket while wearing the Holter monitor as it may interfere with the recording.

DO NOT pull on the electrode leads or disturb the tape holding the electrodes against the skin. If the electrodes do come loose, secure them with tape.

Record ANY and ALL symptoms and when they occur in the Patient Diary along with the **time on the monitor**.

Examples of activities are exercise, walking, climbing, or heavy working, etc.

Examples of symptoms are chest, arm, neck or face pain, palpitations (heart pounding), dizziness, nausea, shortness of breath, anxiety, etc.

After the test/Equipment Return:

Please take off the electrode leads and monitor and **return all equipment and your completed Patient Diary** at the specified time the following day.

Return by:

Patient Diary (Holter Monitor)

Date and Time	Activities	SYMPTOMS							
		Palpitations	Dizziness	Nausea	Short of Breath	Chest Pain	Arm Pain	Other Pain	Other (Describe):

Instructions: Using a checkmark (✓), indicate any symptoms experienced **AND** the time they occurred. Record the time on the same line as the symptoms. The time must be taken from the monitor and not a watch, computer, phone, or other clock.