



## HOLTER MONITOR

### HOW SHOULD I PREPARE FOR MY HOLTER MONITOR APPOINTMENT?

- Please arrive 10 minutes early for your appointment with your provincial health care card and ID such as your driver's licence or social insurance card.
- Do not wear creams or lotions on your chest.
- You may eat and drink normally.
- A **valid credit card** must be presented at your appointment prior to signing out your Holter Monitor. Vita lends Holter Monitors to patients free of charge, however, late return fees or damaged equipment fees may apply.

## What to expect and how to prepare for your upcoming appointment.

### What is a Holter monitor?

A Holter monitor is a battery-operated portable device that measures and records your heart's activity (ECG) continuously for 1-2 days. It's small enough to fit in your pocket and is connected to your chest by three stickers.

### Why do I need a Holter monitor?

While an ECG allows doctors to look at your heart's activity at one point in time, a Holter monitor may be used to record your heart's activity over 1-2 days. Since abnormal heart rhythms or other cardiac symptoms can come and go, Holter monitors record your heart's activity while you go about your normal day.

### What happens during my Holter monitor appointment and after I leave?

- Hooking up to a Holter monitor usually takes less than 15 minutes.
- A trained staff member will clean and exfoliate the skin on the chest where the stickers are applied for good adhesion and a clear view of the electricity of the heart.
- Once the monitor has been applied, it must be left on continuously for the time specified by your doctor. You may resume all regular activities while wearing your monitor, however, you are not able to shower, bath or swim.
- There is no actual electricity flowing through your body while wearing the Holter monitor, so it is safe and painless for anyone to wear (including pregnant or nursing women).
- Outside sources of electricity (such as cell phones, appliances, etc.) will not interfere with the accuracy of the Holter monitor.
- Once you have worn the Holter monitor for the specified time, you may remove it yourself.
- Please bring your Holter monitor back to our office by the requested date and time so that we may download the information it collected and prepare it for another patient.
- Your results will be sent to your referring doctor after they have been reviewed by one of our specialists.