HOLTER MONITOR INSTRUCTIONS AND CONSENT FORM

Patient Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is a Holter Monitor?

A Holter monitor is a continuous electrocardiogram (ECG)

performed while you are doing daily activities. It will record changes, if any, in your heartrate and patterns. It is not a pacemaker and will not be affected by electrical equipment.

What should you do?

Follow your normal daily routine while wearing the monitor. Anytime you have a symptom note on your diary. Take your medications as you normally do. No bathing, showering or swimming to avoid getting the monitor and electrodes wet. However, you may wash your hands, shave, do dishes, laundry etc. without any fear.

How to keep your diary?

Be sure to list the time and what you were doing. Lis any symptoms such as chest pain, dizziness, fatigue, etc. Bring the diary when you return the monitor.

I understand that I am responsible for this equipment while it is in my possession.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Technician: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_