
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. List 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 (Holter Monitor Device) while it is in my possession and that I will pay the device's full value of \$2000 in case if the device is damaged for any reason while it is in my possession.

I understand and acknowledge that there will be a late return fees of \$50.00/day – and that the full value of the monitor will be charged on day 5 if there is no valid reason for the delay.

Signature: _____ Date: _____

Technician: _____ Date: _____