












## 24 Hour Holter Monitoring Instructions

-  You must not have a bath, shower or go swimming whilst wearing the monitor.
-  You are required to go about your normal everyday routine.
-  Record all your daily activities (e.g. sitting, sleeping, walking, eating, smoking, bowel movement, taking medication, exercise), time (using the monitor's own clock) and symptoms (e.g. pain in the chest, arm or face, heart pounding, palpitation, dizziness, shortness of breath, nausea) on the patient diary provided. Leave the symptom column blank if you do not experience any symptoms.
-  The monitor will not make any noises.
-  You are not required to press any buttons.

 **The monitor will only display the time during the 24 hour period (patient name will appear once the 24 hour period has ended) - if the monitor screen goes blank or displays any other message please call one of the following numbers:**  
**(only available Monday-Friday)**  
**09:00-17:00 Tel: 01752 201144**  
**17:00-20:00 Tel: 01752 783508**

-  If the leads become disconnected, reconnect them as soon as possible.
-  **Occasionally the electrodes may irritate your skin. If you have any concerns, please inform the clinical staff during your 'monitor removal's appointment' so that they can advise you further.**
-  Don't stand in close proximity to a microwave oven whilst in use, don't sleep with an electric blanket on and avoid using circulation boosters, as these may create interference with the monitor.
-  Please be careful with the excess of leads, as it is very easy to get caught on door handles. Please also ensure they are safely secured under your clothing if you are making hot drinks or cooking.
-  The leads are colour coded and they must go in the following positions:

