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HEART (HOLTER) MONITOR DIRECTIONS

This machine is used to record your heart rhythm for the time you are wearing it. This test allows us to determine exactly how your heart functions during your daily routine. During this recording you should use the diary on the reverse side to indicate the following:

1. Note your activities and the time of day they occurred
2. Note any accompanying symptoms.

The activities that should be noted include your normal everyday functions, such as; meals, medications, walking, running, sitting, lying down, smoking, sports or excessive exercise, sexual activities and other emotional or physical stress producing experiences. Be sure to note all symptoms such as; heart pounding, shortness of breath, sweatiness, dizziness, weakness or any pain in the upper body, especially in the chest, arm, neck or facial areas. All this information will be helpful in the determination of your medical condition.

To remove the machine, unclick the wires from the electrodes which are stuck to your skin. **YOU MUST TAKE THE BATTERY OUT OF THE BACK OF THE MACHINE** (otherwise all data may be lost). Peel off the electrodes from your skin, these go in the bin. It is a good idea to put the machine in a plastic bag together with this diary so they do not get separated.

The machine **MUST BE RETURNED TOMORROW**, at the time arranged (usually before 10am) with the diary on the back of this form completed to the above address.

IMPORTANT: Do NOT attempt to shower, bathe or swim while wearing this machine.

SAMPLE DIARY

<u>TIME</u>	<u>ACTIVITY</u>	<u>SYMPTOM/COMMENT</u>
8:30AM	Drove to work	None
10am	Smoke and a coffee	None
12:25pm	Ran to catch cab	Heart beating quickly
12:30pm	Lunch & took tablets	"Heartburn" feeling
2:20pm	Verbal disagreement	Palpitations
5pm	Finished work, drove home	None
7pm	Dinner, watched TV	None
10pm	Bed	None
7am	Up, removed monitor	None

Please completed your diary overleaf.....
