

Collection centre _____

Phone number _____

For further advice until 10pm, please call 9287 7700.



MELBOURNE
PATHOLOGY

Quality is in our DNA

Holter monitor ECG (AR4 Plus)

Patient instructions and diary

You are to be fitted with an ECG Holter monitor which has a small computer disc inside that will record your heart rhythm for 24 hours.

Before you start:

- Confirm with your referring doctor what symptoms and daily activity you are expected to record
- Please bring a list of your current medications to your Holter monitor fitting appointment.

Once underway:

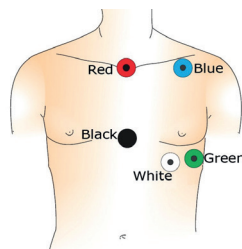
- The machine has an event button which you should press for **1 second** when you experience any of the symptoms defined by your doctor. You **will not** hear a beep.
- We have provided a diary for you to record the information your doctor considers important about symptoms and/or daily activity at the time it occurs while the monitor is in place.

After monitoring:

After 24 hours, please return to our collection centre to have the monitor removed and take the diary to your doctor.

Important information about Holter monitors

- Do not alter your normal daily activity apart from the restrictions listed below
- Do not wet or drop the monitor – you will not be able to shower, bath or swim during the period of monitoring
- Do not use an electric blanket or waterbed heater during this time
- Do not use a magnetic underlay during this time
- Do not remove the leads or tamper with the recorder. If a lead comes off, please replace it as per diagram.



- An **electrode** is like a press stud that is placed on your skin.
- A **lead** is then attached to the electrode and is colour coded.
- Turn to the back page for FAQs



General Information

- **What does it mean if the time and/or large icons disappear from the screen?** It means the machine is working correctly.
- **What should I do if the lights are off or have gone out?** Do nothing and return to the collection centre at the scheduled time for removal.
- **What do I do if the lead has detached?** Click it back into place.
- **Electrodes have fallen off, what should I do?** Tape back on if possible (using the diagram on the first page), otherwise leave off.
- **Will the monitor be affected by my mobile phone or TV?** No.
- **If I am experiencing symptoms and press the event button, will there be a sound?** No, there will not be a sound made by the machine, but it will have registered.
- **I pressed the button on the front for one second and nothing happened, should I press it again or for longer?** No, pressing the button once is adequate. Do not press for any longer – you may accidentally turn the machine off.
- **I couldn't sleep with the monitor on, so took it off – what should I do now?** Nothing, return to the collection centre at the scheduled time. Your doctor may decide that there is enough information gathered for a decision, however they may also require the test to be re-attempted.
- **Note:** You may experience some redness on your chest following removal of the electrodes. This is normal and usually settles within a few days, however if it becomes very uncomfortable, please seek advice from your doctor.



This section to be completed by Melbourne Pathology Patient Services staff member.

Please complete the following details and return this form with the flashcard, ECG tracing and a copy of the referral in an ECG Department envelope after removal of monitor.

Patient details

Surname _____ First name _____

Date of birth _____ Age _____ Sex _____

Does the patient have a pacemaker or implanted defibrillator? Yes/No

Fitting of recorder

Monitor number _____ Card number _____

Monitor pouch given to patient (tick) ☐ Strap given ☐

Date of recording _____ Time commenced _____ hrs

Connected by (Staff name) _____

Staff ID _____ Branch _____

Problems during connection (eg. skin prep, electrode application, other) _____

Current medication (dose not required) _____

Removal of monitor

Monitor pouch returned ☐ Strap returned ☐

Date of recording _____ Time completed _____ hrs

Removed by (Staff name) _____

Staff ID _____ Branch _____

Problems during recording (eg. recording stopping prematurely and why, leads becoming detached, anything patient reports, other)

Cardiac Tech comments _____



Date _____

Patient diary for continuous Holter monitor ECG

[illegible]



Patient diary for continuous Holter monitor ECG

[illegible]