

Ambulatory ECG monitoring: Holter monitor and event monitor (patient activated loop recorder)

Patient information

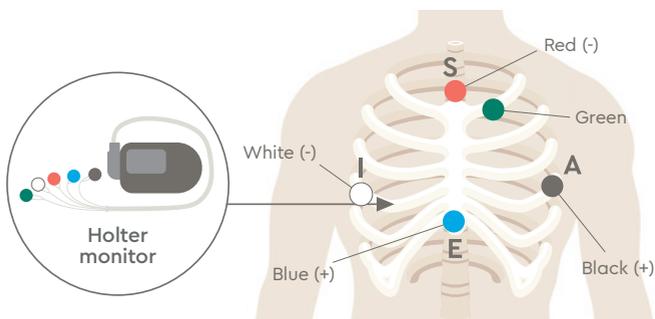
What is it?

Ambulatory electrocardiogram (ECG) monitoring records your heart's electrical activity for up to 7 days. There are two types of ambulatory ECG:

- **Holter monitoring**
- **Event monitoring** (also known as a patient activated recorder or PAR)

Holter monitoring uses a small device to record your heart rate and rhythm continuously, usually during a 24 or 48 hour period. **Event monitoring** is similar to Holter monitoring, but the device is worn for up to seven days, and only records when you instruct it to do so.

Both monitors can record heart rate and rhythm whenever you feel symptoms, for example palpitations, chest pain, shortness of breath or light-headedness. This is recorded when you push the event button on the monitor. Your cardiologist can review the recordings around the time you felt symptoms. This information helps to clarify the presence and nature of any suspected heart problems.



Holter monitor with lead placement

Example only. Lead placement and colour may differ on monitor.

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What should I expect?

Both tests are painless, and fitting only takes about 15-20 minutes. You will need to come to one of our testing centres to have your monitor fitted.

During the fitting, small stickers (called ECG electrodes) are attached to areas on your chest. A cardiac physiologist will first clean the areas of your chest with alcohol wipes and may also shave the areas. This skin preparation will help to ensure a good connection and collect accurate data. A gel is used to stick the electrodes to the skin. Sometimes, the electrode and lead wire will be taped to your chest to prevent them from moving. If a lead falls off during the monitoring period, simply push the lead back onto the electrode/sticker for the recording to continue. Please refer to the diagram on the first page for lead placement.

While wearing the monitor, you will be asked to keep a diary of your daily activities. This will help your cardiologist understand what you were doing during any abnormal readings. You can continue to do your typical activities, except those that might expose the monitor to water.

If you have any difficulties with the equipment, please notify the centre where your device was fitted.

On the day of your appointment

If you are being fitted with a Holter monitor, make sure you shower before you arrive, as you cannot bathe or shower while wearing your monitor. An event monitor, however, can be removed for daily showering.

Please do not:

- use talc, body lotion or wear neck chains
- use electric blankets, heating pads including waterbed heating devices or be positioned in close proximity to fans while wearing the monitor, as these can interfere with your readings

What happens after the test?

At the end of the recording period, you will return to our centre to have the equipment removed. When the results have been reviewed by our cardiologist, a full report will be sent to your referring doctor.

For more information:

[genescare.com/ECGmonitoring](https://www.genescare.com/ECGmonitoring)

