**HOLTER MONITOR**

**PATIENT INSTRUCTIONS**

Your physician has ordered for you to wear this monitor for 24 up to 96 hours. You will be required to keep track of your daily activities at least every hour while you have the monitor on (see instructions below for completing your diary).

You will need to keep this monitor on at ALL times during the duration you are required to wear the monitor.

While you have the monitor on you **CAN NOT:**

\*Remove the monitor

\*Shower

\*Get the monitor wet

\*Remove the stickers or the wires

\*Unplug the wire leads from the monitor

**Instructions for completing your activity diary:**

1. The times are listed on the left column by hour.
2. The top row lists the types of activates we would like you to record every hour
3. You will need to record your activity at least every hour throughout the day
4. If you awake during the night and get up, please be sure to record that on your diary
5. Place a check mark in the box that corresponds to the hour and the activity that you performed at that time. If you would like to be more specific and write specific descriptions in the box you may do so.
6. If you were to have ANY symptoms or abnormal feelings while you have the monitor on, please write the specific symptoms in the column listed “Symptoms” (the very last column on the page) as it corresponds to the hour the symptoms occurred.

\*\*If your stickers/leads were to come off while you have the monitor on, please place them back on the appropriate place the best you can. Please DO NOT use duck tape\*\*

You will need to return to the office with the monitor 24 – 96 hours later (depending on the instructions you were given at the time you had the monitor placed 24-96 hour duration). When you return to the office you will need to make sure you bring your activity diary with you at this visit. Your diary is required to complete the processing of your results.

If you have any problems or have any questions while you have the monitor on please contact **MSU Cardiology at 517-353-4960.**