

Procedure Information Sheet – Holter / Event Holter

Hosp No. :	HKID No.:
Case No. :	
Name :	
DOB :	M / F
Adm Date :	
Contact No.:	

1. Introduction

- 1.1. Holter is an ambulatory recording device used to record continuous electrocardiograms (ECG) over a period of time, allowing doctors to evaluate heart rhythms.
- 1.2. The length of recording time is determined by the doctor, usually 24 to 72 hours or 1 to 2 weeks (event holter).
- 1.3. It will simply record all the heartbeats and rhythms while the electrodes and cables are attaching to the chest.
- 1.4. It used to detect symptoms of heart-related problems, such as irregular heartbeats, dizziness or fainting. It also helps to monitor the drug effects and pacemaker function.

2. Procedural Preparation

- 2.1. Take a shower or bath before wearing the device. DO NOT apply powders, lotions or perfumes.
- 2.2. Wear a loose and comfortable outfit, preferably open-fronted.
- 2.3. No fasting is required for this procedure.
- 2.4. If you have a pacemaker, bring the pacemaker card with the latest setting.

3. Procedure

- 3.1. Trained staff in a cardiology center will explain the procedure, attach the electrodes on the chest and connect the cables from the recorder to the electrodes. The device will be put in a pocket or pouch with a necklace for carriage.
- 3.2. A patient diary will be provided for recording the symptoms and there is an event recorder button on the machine that should be pressed whenever symptoms occur.
- 3.3. Moving freely and continuing normal daily activities are allowed.
- 3.4. Avoid getting it wet otherwise the electrodes will fall off.
- 3.5. Certain activities should be avoided while wearing the device so as to prevent damage to the recorder and ensure high quality recordings, e.g. electric blankets or heating pads & Magnetic Resonance Imaging (MRI)
- 3.6. If an event holter was required to be attached for 1 to 2 weeks, the nurse will demonstrate how to remove and re-attach the electrodes and cables for showering or bathing daily
- 3.7. Return the device and diary to the cardiac center upon completion of the recording period.

4. Possible Risks and Complications

- 4.1. Wearing a holter is completely risk-free unless you develop skin irritation or rash on the skin under the sticky electrodes.
- 4.2. There is no electrical shock hazard from the holter machine.

5. Remark

- 5.1. Holter monitor is an expensive piece of medical equipment. By agreeing to wear it, necessary precautions should be taken to make sure that the monitor does not become damaged by dropping, tampering, or allowing it to be exposed to water or chemicals.
- 5.2. If there is further query concerning this procedure, please contact your physician for further enquiry.

6. Reference

- 6.1. Patient Instructions for Holter Monitoring. Kawartha Cardiology Clinic.
- 6.2. Holter Monitor Patient Instructions. BC Biomedical Laboratories.
- 6.3. Health Library: Holter Monitor. Johns Hopkins Medicine.



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I acknowledged the above information concerning the operation or procedure. I have also been given the opportunity to ask questions and received adequate explanations concerning the condition and treatment plan.

Patient/ Relative Signature: _____

Patient/ Relative Name: _____

Date: _____

