

## **7 DAY EVENT HOLTER MONITOR**

### **What is it?**

A holter monitor records your heart rhythm continuously throughout the day and night.

An event monitor is a slightly smaller version of a holter monitor and is worn for a week.

### **Preparation**

You will need to wear a loose fitting shirt or top as the technician will need access to the chest area. No other preparation is required.

### **Procedure**

The monitor consists of 5 or 7 leads which are attached to your chest by adhesive electrodes with tape placed over the top to ensure the electrodes remain in place. It is important to check that the electrodes remain in place throughout the day. If you have an allergy to adhesive tapes please advise the technician fitting the monitor. The technician may also have to shave small sections of hair from your chest to ensure sufficient contact of the electrode with the skin.

The monitor will either be hung loosely around your neck by a strap or clipped onto your waistband. During the recording you will need to list your symptoms, the time they occur and what you were doing at the time on the diary sheet provided.

You will be able to carry out your normal daily activities BUT you must **not get the monitor wet, nor use an electric blanket or magnetic underlay.**

The technician will instruct you on how to remove and re-attach the leads to allow you to shower.

### **Returning the monitor**

At the specified time you can disconnect the monitor yourself. The monitor, leads and diary sheet will need to be placed in the envelope provided.

The technician will specify when the monitor needs to be returned and where. It is important to return the monitor at this time as the data must be downloaded and the monitor prepared for the next patient.

### **Results**

Results will not be available at the time you return the monitor. Data will need to be downloaded and once this data is reported by a cardiologist the results will be forwarded to your referring doctor. A review appointment with your cardiologist will be made a week after you return the monitor.

### **What to bring on the day**

You will need to bring

- Medicare Card
- A current referral from your GP or specialist
- Any concession or health insurance cards



**FULL PAYMENT WILL BE  
REQUIRED ON THE DAY OF THE  
TEST**

**If you need any further information please phone 8297 6888 or visit our website at**

[www.saheart.com.au](http://www.saheart.com.au)