



HOLTER

Your physician has prescribed a Holter test. The Holter monitor is a device that records your heart rate throughout the examination. The data gathered is used to make a diagnosis based on the anomalies observed or to adjust medicinal therapies.

ABOUT THE TEST

- The Holter monitor will be loaned to you for the duration of the test.
- The test may last 24, 48 or 72 hours, 7 days or 14 days.
- Press on the EVENT button every time you feel palpitations or discomfort. Pressing the button will help the technologist to find relationships between the events and the recorded data.

CAUTION: To avoid damaging the device, do not immerse it in water (bath, shower, pool, spa, etc.) and do not use it during contact sports.

CANCELLING OR POSTPONING YOUR APPOINTMENT

If you need to cancel or postpone your appointment, please notify the staff by dialling 819-346-1110, ext. 21073 or ext. 14430.

REMEMBER TO BRING...

- A valid medical insurance card (otherwise you will have to pay for this test).
- Your hospital card
 - * If you do not have a hospital card, before your appointment allow for 15 minutes to have one made at the admitting department.
- An up-to-date list of all your medications.

ON THE DAY OF YOUR APPOINTMENT

- Go to the location at the time and date specified by the administrative officer or in your letter (received by mail or email).
- The technologist will first prepare your skin (shaving, alcohol cleansing) and then place seven electrodes on your thorax.
- The technologist will explain how the device functions and demonstrate how to operate it.
- You will leave the hospital with the Holter monitor and extra electrodes if your examination lasts 7 or 14 days so that you can wash yourself.

BACK HOME

You may resume all your regular activities except going in the water with the device or practising contact sports with it.

WHEN AND WHERE TO RETURN THE DEVICE

Return the device and cables on the date and at the location specified by the technologist. Before you leave your home, remove the electrodes and discard the stickers. **Never use scissors to remove your Holter monitor.**

GETTING YOUR TEST RESULTS

Your results will be available 2 to 4 weeks after you have returned the device and will be sent to you by your prescribing physician.

DO YOU HAVE ANY QUESTIONS?



santeestrie.qc.ca/cardiology



Info-Santé 811

OR

Speak to your prescriber.

CHECKLIST

My appointment date: _____

Time of my appointment: _____

Appointment location: _____

Returning the device

Device return date: _____

Location: _____

Authors

Medical electrophysiology team

Revision and layout

Service des communications

Direction des ressources humaines, des communications et des affaires juridiques

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