



Holter Monitor Instructions/Diary

- ❖ Do NOT get monitor wet (No Shower or Tub Bath)
- ❖ Please do NOT rub on the electrodes (patches) or in the area where they are
- ❖ Please try not to swing or bump monitor
- ❖ Keep diary tracking your activities and symptoms
- ❖ If the electrodes (patches) come off, try to replace them in the original area

While you are being monitored by the Holter monitor; it is important to keep an accurate diary of your symptoms and activities. If you feel symptoms such as chest pain, shortness of breath, uneven heartbeats or dizziness, note in your diary the time of day they began and what you were doing. Your diary will be compared to the changes in your ECG recorded by the Holter monitor.

Remember that your doctor needs a complete picture of your activities. If in doubt, write it down. Use the following diary to record all of your daily activities.

- **Time of day**- Write the time of day for every activity or symptom
- **Your activities**-Sitting, walking, strenuous exercise, eating, sexual activity, taking medications, etc.
- **Your symptoms**-Chest pain, back pain, dizziness, nausea, other pain-whether or not you feel they are important.

