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HOLTER ECG MONITOR OVER 24 OR 72 HOURS



**PRACTICAL
GUIDE FOR
PATIENT**

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YOUR DOCTOR HAS PRESCRIBED A 24-HOUR OR 72-HOUR HOLTER ECG MONITOR

WHAT IS A HOLTER ECG MONITOR USED FOR?

A Holter ECG monitor is a **small device** that allows a patient's heartbeat to be studied over a short or long period in order to detect and analyse any **conduction disorders**. Under no circumstances can it be used to diagnose other acute cardiac pathologies. Using a Holter is painless and does not present any particular complications.

HOW DO I USE THE DEVICE?

The device is positioned by the cardiology technical support department. Self-adhesive electrodes are placed on the chest and connected to a box worn over the shoulder or around the neck

1. Keep the device in place

- Do not remove the electrodes
- Keep the monitor box close to your body
- Keep your mobile phone, tablet or computer at a distance

2. Take care of the electrodes

- If an electrode becomes detached, reattach it if possible or note the time it detaches
- Avoid pulling on the wires

3. Take care of the monitor box: keep it dry!

- No shower or bath during the monitoring process
- Avoid excessive sweating
- Try to sleep on your back or side

4. Continue with your usual activities

- The aim is to record your heart rate under normal conditions
- Patients are advised not to change their lifestyle while wearing the Holter monitor

As this is a very expensive piece of equipment, please take good care of it and follow the instructions provided

AFTER THE EXAMINATION

- The monitor must be returned by the date and time indicated
- The doctor will analyse the data and include it in your medical file

IN THE EVENT OF A PROBLEM

*Contact the department between 8am and 5pm or the nurse if you are in hospital

- An electrode no longer stays applied to the skin at all
- The box displays an error message

