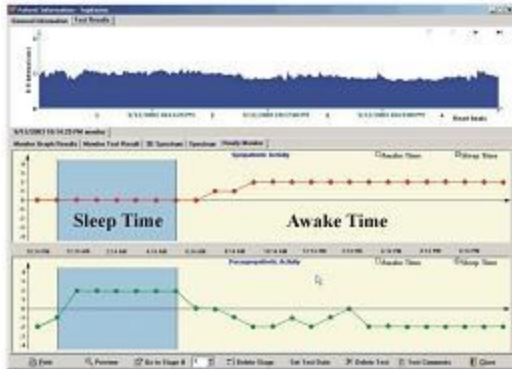


# Reporting the Results

CP Diagnostics will deliver a report to your referring physician



## DIAGNOSTIC IMAGING DEPARTMENT

### HOLTER MONITOR

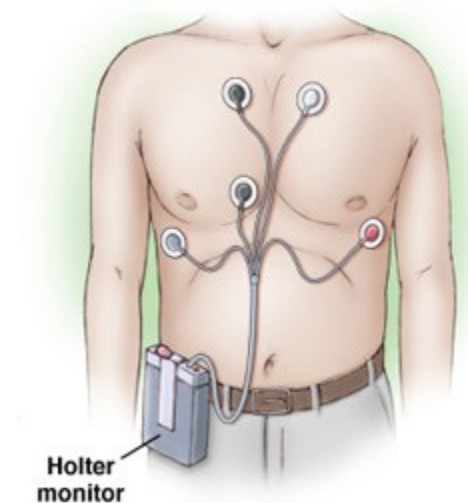


Mississippi River Health Alliance

Carleton Place & District Memorial Hospital

211 Lake Avenue East  
Carleton Place, Ontario  
K7C 1J4

Diagnostic Imaging Department  
Phone: 613-253-3804  
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# Continuous Heart Monitors

The **Carleton Place & District Memorial Hospital** offers 72 hour and 14 day holter monitoring.

## What Is it?

A holter monitor is a small portable device which continuously monitors the electrical activity of the heart for 24 to 48 hours. This extended recording period is sometimes useful for observing occasional cardiac irregularities that would be difficult to identify in the shorter time that it takes to record an ECG ( electrocardiogram ). A holter monitor is about the size of a deck of cards and can be clipped to a belt or carried in a pocket. Wires connect the monitor to the patient's chest. After the monitor is disconnected from the patient, the recorded information is downloaded and sent to CP Diagnostics to analyse the input, finding candidate areas in the recording worthy of further study.

## Where is it Done?

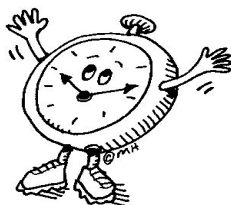
At the Carleton Place Hospital, a holter monitor is attached to a patient by a trained professional at a doctor's order. A requisition is required to book your appointment. The exam is performed in the Diagnostic Imaging Department.

## Preparation

A patient should bathe before coming for the appointment. Wearing loose fitting clothing will make it more comfortable to carry the monitor in a relatively discreet manner in a pocket or clipped to a belt.

## How long will it Take?

It takes approximately 15 minutes to apply the monitor and less time to remove it.



## What To Expect !

After disrobing from the waist up and putting on a hospital gown open at the front, a patient will be asked to lie quietly on a stretcher while the electrodes ( tiny wires in adhesive pads ) will be applied to specific sites on the chest. To obtain the best conductivity, chest hair must be shaven. All electrode attachment sites will be wiped down with an alcohol solution and then rubbed softly with a fine sandpaper.

The electrodes are attached to the holter monitor and then the technologist will activate the holter monitor and explain how it operates :

A holter monitor is worn during a patient's normal daily activities but there can be no showering, bathing or activities which could damage the monitor or cause the electrodes to fall off. While the monitor is being worn, a patient must avoid being in the same room as an electric blanket, electric heating or a microwave oven which has been turned on.

A patient will be given a diary in which to write down any symptoms. This diary should include the date, time of day, type and duration of symptoms. There is a button on the monitor which can be pushed when a patient feels a symptom, this will mark the recording and be used to correlate the heart rhythm with symptoms. This diary will be sent with the downloaded recording of the heart to CP Diagnostics.