Information

SYMPTOM DIARY EXAMPLE

Use the diary provided to log time, activity, and symptoms. The log should look similar to this:

Time:	Symptoms:	Activity:
10:15 AM	Mild dizziness	Walking upstairs
3:30 PM	Heart fluttering	Sitting, watching TV

RETURNING THE MONITOR

- Return the monitor at the scheduled time and date directly to Cardiopulmonary Rehab. You do not need to check in for this appointment.
- Bring your completed symptom diary with you.
- Let your staff know if anything unusual happened (monitor fell off, you forgot to log a symptom, etc.)

QUESTIONS?

If you have any questions or concerns while wearing the monitor, please contact our Cardiopulmonary Rehab team.

Hours: Monday - Friday from 8 AM - 3:30 PM
Phone: (641) 774-3277

Contact Us

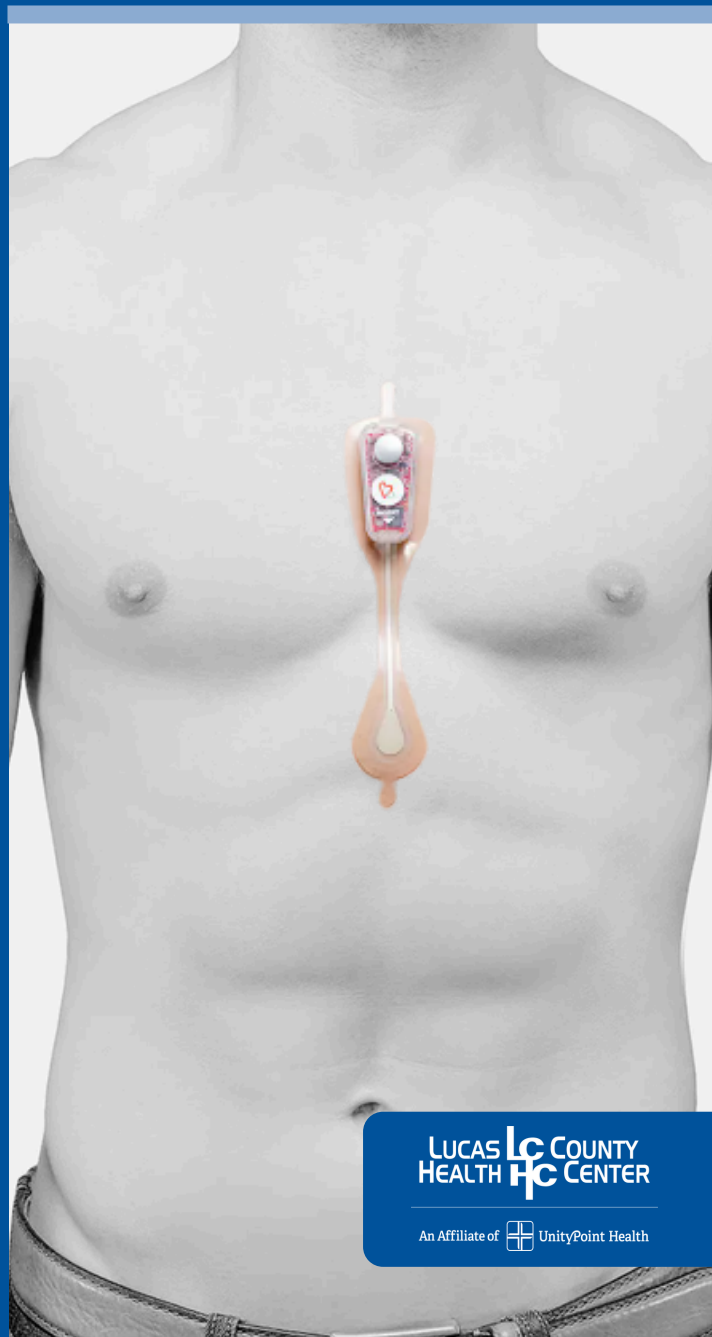
(641) 774-3277

1200 North 7th Street
Chariton, IA 50049

www.lchcia.com

Holter Monitor

What You Need To Know



LUCAS COUNTY HEALTH CENTER
An Affiliate of UnityPoint Health

What is a Holter Monitor?

A Holter Monitor is a small, wearable device that continuously records your heart's electrical activity (ECG). Once we receive the monitor back, we upload the data into our system. It typically takes 24-48 hours for our partner company, TZ Medical, to interpret the reading. When we get the report back, Dr. Cohen, our assigned Holter Monitor provider, will interpret the reports and document the findings in your chart. From there, results will be routed to the ordering provider for review and discussion with you.

If your **Primary Care Provider or another LCHC provider** ordered your Holter monitor:

- A nurse from our team should call you with the results.
- If you do not hear anything after one week, please call LCHC Medical Clinic at (641) 774-8103. Let our receptionist team know you are calling about your Holter monitor results and ask that a message be sent to your ordering provider's team to return your call.

If a **Cardiologist or provider outside LCHC** ordered the Holter monitor:

- Once the report is available, we will fax it to their office.
- If you do not hear anything after one week, please call their office directly to inquire about your results.

While Wearing The Monitor

DO:

- Keep a diary of your activities and symptoms (dizziness, palpitations, chest pain, etc.)
- Go about your usual daily activities - this helps capture real-life heart rhythms
- Stay away from magnets, metal detectors, and high-voltage areas
- Each morning after waking up, perform a status check. To do this, stand in front of a mirror and press the button for 5 seconds until you see a green light or hear a chime. This confirms the connection remained secure overnight.

DON'T:

- Remove the monitor
- Get the monitor wet - no showering, swimming, or bathing
- Use electric blankets, heating pads, or other devices that may interfere
- Tamper with the monitor
- Apply lotions, oils or powders to your chest while wearing the monitor

How To Use the Holter Monitor

EXPERIENCING SYMPTOMS

There is a button on your Holter Monitor. This button is use to mark when you experience symptoms. Push and hold this button for 5 seconds until you hear a chime and/or see a green light. Then write your symptoms in the journal along with date, time (AM/PM), and what you were doing.

IF THE LIGHT IS YELLOW

- Slide the Holter Monitor up and out of the holster, then slide it back in.
- Push and hold the button for 5 seconds until you see the green light or hear a chime.
- If it turns yellow again, repeat these steps.

IF THE LIGHT IS RED

- Slide the Holter Monitor up and out of the holster, then slide it back in.
- Push the button and hold for 5 seconds.
- If the light remains red after aa second attempt, call the phone number listed on the bottom of your journal to contact the TZ Medical team for troubleshooting.

GENERAL

If your monitor stops working, adhesive comes off, or any other issues arise while wearing the Holter Monitor, please call us and we can assist you. Our Cardiopulmonary Rehab team is available from 8 AM - 3:30 PM, Monday - Friday.