

Holter Monitor

The Holter monitor is worn to record your heart rate for 24-48 hours.

Small pads called electrodes are placed on your chest and attached to a monitor. The monitor is carried in your pocket or in a small pouch worn around your neck.

You will be asked to record any symptoms you have while you wear the monitor, such as:

- Feeling dizzy
- Feeling faint
- Heart beating fast
- Feeling skipped heart beats

Arrive on time for your appointment.

To Prepare

Shower or bathe before the start of the test. You will not be able to while wearing the monitor.

During the Test

- For men, hair on your chest may need to be shaved to place the pads.
- Tell the staff if you are allergic to tape.
- The staff applies the pads and starts the monitor.
- Do not sleep with an electric blanket while you have the monitor on.
- Do your normal activities.
- If you have any symptoms while wearing the monitor:
 - Push the button to record the time.
 - Write down what you were doing, such as watching TV, walking or eating.
 - Write down your symptoms, such as heart racing, dizzy or pain.
 - This lets your doctor compare your symptoms with your heart rate.
- When it is time to take the monitor off, gently take the pads off your chest.

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Holter monitor waxaa loo xirtaa si uu u duubo xaddiga wadnahaaga ee 24-48 saacadood.

Gaballo yar-yar oo loo yaqaanno electrodes ayaa la saaraa ka dibna lagu dhejiyaa feedhahaaga si loo fiirsado. Xisaabshaha waxaa lagu qaadaa jeebkaaga ama boorso yar oo qoorta lagu xirto.

Waxaa lagu weydiin doonaa in aad diiwaan geliso wixii calaamado ah ee aad qabtid inta aad xiran tahay xisaabshaha, sida:

- In aad caajis dareento
- In aad dareento miyir la'aan
- Wadnaha oo si xawli ah u garaacmaya
- In aad dareento in garaaca wadnaha laga boodayo

Ballantaada waqti ku imow.

Si aad isugu diyaarisid

Maydho ama qubeyso billowga baaritaanka. Ma awoodi doontid qubaysi inta aad xiran tahay xisaabshaha.

Waqtiga Baaritaanka

- Ragga, timaha feedhaha uga yaalla waxaa laga yaabaa in laga xiiro si gaballada loo saaro.
- Shaqaalaha u sheeg haddii aad sharootada xajiin ka qaaddid.
- Shaqaaluhu gaballada ayuu saaraa ka dibna xisaabshaha ayaa billaabanaysa.
- Ha ku seexan buste elektaroonig ah inta aad xisaabshaha wadato.
- Samee hawlahaaga caadiga ah.
- Haddii aad wax calaamado ah leedahay inta aad xiran tahay xisaabshaha:
 - Riix badhanka si aad waqtiga u duubto.
 - Qor waxa aad sameyneysay, sida daawashada TV, socoshada ama wax cunidda.
 - Qor calaamadahaaga, sida garaaca wadnaha, war-wareer ama xanuun.
 - Tan waxay takhtarkaaga u oggolaanaysaa inuu calaamadahaaga barbar dhigo xaddiga wadnahaaga.
- Marka la gaaro in aad xisaabshaha iska bixiso, si tartiib ah gaballada feedhahaaga uga fuji.

Holter Monitor. Somali.

- Return the monitor with your written notes to the hospital or office as directed.
- Test results are sent to your doctor. Your doctor will share the results with you.

Troubleshooting:

- If a pad comes loose, remove it. Clean your skin with a damp washcloth. Place a new pad on after your skin dries. Pull the wire off the old pad and snap it onto the new pad. Write this in your notes.
- If a wire comes off, look at the picture on the back of the monitor. The wires are color-coded. Look at the picture and put the wire back on in the area in the picture. Write this in your notes.
- If you drop the monitor, open it by pulling it apart. Check to make sure it is still running. If it is **NOT** running, push the “release button”. You will hear the monitor start.

Talk to your doctor or nurse if you have any questions or concerns.

- Xisaabshaha iyo qoraalladaada iskula soo celi isbitaalka ama xafiiska hadba sidii lagu faro.
- Natiijooyinka baaritaanka waxaa loo dirayaa takhtarkaaga. Takhtarkaagu wuxuu kula wadaagi doonaa natiijooyinka.

Cillad bixin:

- Haddii gabal uu furto, iska fuji. Maqaarka isaga nadiifi dharka wax lagu dhaqo. Gabal kale oo cusub ku dheji markuu maqaarkaagu engego ka dib. Xadhigga korontada ka saar gabalkii hore ka dibna geli midka cusub. Tan ku qor qoraalkaaga.
- Haddii uu xadhig soo go', eeg sawirka dhinaca danbe ee xisaabshaha. Xarkaha midab ayaa ku suntan. Eeg sawirka ka dibna xadhigga dib ugu celi meesha aad sawirka ka ragtay. Tanna ku qor qoraalladaada.
- Haddii uu xisaabshuhu kaa dhaco, fur adigoo kala jiidaya. Hubi si aad u xaqiijiso inuu weli shaqenayo. Haddii **UUSAN** shaqayneynin, riix "badhanka soo deynta". Waxaad maqli doontaa xisaabshaha oo billaabanaysa.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.

Holter Monitor. Somali.

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