

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.
- Return the monitor with your written notes to the hospital or office as directed.

連續心電圖描記器 (Holter Monitor)

戴連續心電圖描記器是爲了記錄您在 24 – 48 小時中的心率。

稱爲電極的小墊片被置於您的胸部並接到一個描記器上。描記器攜帶於您的口袋中，或裝在一個小袋裡戴在頸部。

佩戴描記器時，您將被要求記錄您有的任何症狀，例如：

- 感到暈眩
- 感到虛弱
- 心跳快
- 感到心跳停了一下

按預診時間準時到訪。

準備工作

測試開始之前先淋浴或洗浴。佩戴描記器時，您將不能洗澡。

測試期間

- 男性可能需剃去胸毛，再放置墊片。
- 告訴醫療人員您是否對粘膠帶過敏。
- 醫療人員放置墊片並開啓描記器。
- 描記器開動時，請不要在電熱毯上睡覺。
- 您可正常活動。
- 如果佩戴描記器時有任何症狀：
 - 按鍵記錄時間。
 - 記錄您正在做什麼，例如看電視、走路或吃東西。
 - 記錄您的症狀，例如心狂跳、暈眩或疼痛。
 - 這可讓您的醫生將您的症狀與您的心率作比較。
- 該拿走描記器時，小心地從您胸部除去墊片。
- 按說明將描記器和您的筆記還給醫院或診室。

Holter Monitor. Traditional Chinese.

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.

測試結果將送給您的醫生。您的醫生會告知您結果。

故障排除：

- 如果一個墊片脫落，除掉它。用濕毛巾清洗您的皮膚。在皮膚乾了之後再放上一個新墊片。將電線從舊墊片上拉開並接到新墊片上。在您的筆記中作記錄。
- 如果電線脫落，看描記器背後的照片。電線是按顏色編碼的。看照片，將電線放回照片中的位置。在您的筆記中作記錄。
- 如果描記器落地，請將其拉開。檢查確定它仍運轉。如果它不運轉，請按“鬆除鈕”。您將聽到描記器開啓。

如果您有任何疑問或關注事項，請告知您的醫生或護士。

Holter Monitor. Traditional Chinese.

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