

Qalabka Holter Monitor

Holter Monitor

The Holter monitor is worn to record your heart rate for 24 to 48 hours. The monitor is carried in your pocket or in a small pouch worn around your neck. You will be asked to record any signs 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

- Small pads called electrodes are placed on your chest and attached to a monitor. For men, hair on your chest may need to be cut to place the pads. Tell the staff if you are allergic to tape.
- Do your normal activities.
- If you have any signs while wearing the monitor:
 - › Push the button to record the time.
 - › Write down what you were doing, such as watching TV, walking or eating.

Qalabka Holter Monitor waxaa loo xirtaa si uu u duubo xaddiga garaaca wadnahaaga ee 24-48 saacadood. Qalabka waxaa lagu qaadaa jeebkaaga ama boorso yar oo qoorta lagu xirto. Waxaa lagu weydiin doonaa in aad diiwaangeliso wixii calaamado ah ee aad qabtid inta aad xiran tahay qalabka, sida:

- Haddii aad caajis dareento
- Haddii aad dareento miyir la'aan
- Wadnaha oo si xawli ah u garaacmaya
- Haddii aad dareento garaac wadne oo laga booday

Ballantaada waqti ku imow.

Si aad isugu diyaarisid

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

Waqtiga Baaritaanka

- Gaballo yaryar oo la yidhaa elegtaroodhyo (electrodes) ayaa la saari doonaa xabbadkaaga oo ku xidhan qalabka. Ragga, timaha laabta uga yaalla waxaa laga yaabaa in laga xiiro si gaballada loo saaro. Shaqaalaha u sheeg haddii aad sharootada xajiin ka qaaddid.
- Samee hawlahaaga caadiga ah.
- Haddii aad wax calaamado ah leedahay inta aad xiran tahay qalabka:
 - › Riix badhanka si aad waqtiga u duubto.
 - › Qor waxa aad sameyneysay, sida daawashada TV, socoshada ama wax cunidda.

- › Write down your signs, such as heart racing, dizzy or pain.

This lets your doctor compare your signs with the heart rate recorded by the monitor.

- 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.
- Test results are sent to your doctor. Your doctor will share the results with you.

- › Qor calaamadahaaga, sida garaaca wadnaha, wareer ama xanuun.

Tan waxay takhtarkaaga u oggolaanaysaa inuu calaamadahaaga bar-bar dhigo xaddiga garaaca.

- Marka la gaaro in aad qalabka iska bixiso, si tartiib ah gaballada laabtaada uga fuji.
- qalabka iyo qoraalladaada iskula soo celi isbitaalka ama xafiiska hadba sidii lagu faro.
- Natiijooyinka baaritaanka waxaa loo dirayaa takhtarkaaga. Takhtarkaagu wuxuu kula wadaagi doonaa natiijooyinka.

Problems

- If a pad comes loose, remove it. Clean your skin and place a new pad on the same area. The wire snaps onto the new pad. Write this in your notes.
- If a wire comes off, snap it back on the pad. Write this in your notes.

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

Dhibaatooyinka:

- Haddii gabal uu furto, iska fuji. Maqaarka isaga nadiifi oo gabal kale oo cusub ku dheji isla jiidaas. Xadhigga korontada ka saar gabalkii hore ka dibna geli midka cusub. Tan ku qor qoraalkaaga.
- Haddii uu xadhig soo go', xadhigga dib ugu celi gabalka. Tanna ku qor qoraalladaada.

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