

# 連續心電圖描記器

## 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.
  - 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.

佩戴連續心電圖描記器是為了記錄您在 24 至 48 小時中的心率。描記器放在衣服口袋內或裝入小口袋後掛在脖子上。佩戴描記器時，您將被要求記錄您有的任何癥狀，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

- 將稱為電極的墊片放在胸部，然後與描記器相連。男性可能需要剃去胸毛，再放置墊片。請告訴醫療人員您是否對粘膠帶過敏。
- 您可正常活動。
- 如果佩戴描記器時有任何癥狀：
  - 按鍵記錄時間。
  - 記錄您正在做的事情，例如看電視、走路或吃東西。
  - 記錄您的癥狀，例如心動加速、暈眩或疼痛。

這可讓您的醫生將您的癥狀與您描記器記錄的心率作以比較。

- 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.
- 該取下描記器時，小心地從您胸部摘下墊片。
- 按說明將描記器和您的筆記交送給醫院或診室。
- 測試結果將送給您的醫生。您的醫生會將結果轉告您。

## 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.**

## 問題排除

- 如果一個墊片脫落，摘掉它。清洗皮膚，然後在相同位置再放上一個新墊片。將電線接到新墊片上。在您的筆記中作記錄。
- 如果電線脫落，重新將電線接到墊片上。在您的筆記中作記錄。

**如果您有任何疑問或關注事項，請告知您的醫生或護士。**