



windwardheart
center LLC

After the Monitoring Period:

After your monitoring period has finished, you will have an appointment with the nurse to remove the monitor. The data from the monitor will be analyzed and at a later date, the doctor will discuss the results with you. Please be sure to schedule your follow-up appointment with the doctor.

Important:

If at any time within your monitoring period you have severe symptoms please seek medical attention right away. If you experience any itching, redness, pain, or blistering of the skin near or under the electrodes; or if an electrode falls off, please contact the doctor.

When you are using the monitor, please do not get the devices wet. You will be responsible for any damages to the monitor while in your care.

Holter and Event Monitors

If you have any questions regarding the material in this brochure please contact Windward Heart Center, LLC.

This brochure is not a substitute for professional medical care

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What are they?

Holter and Event Monitors are devices that record your heartbeat while you carry out your normal daily routine. They are used to detect abnormal heart rhythms; evaluate abnormal symptoms such as chest pain, dizziness, or fainting; and to monitor how current treatments are working and how they may be affecting your heart.

Holter Monitor:

A Holter Monitor records your heartbeat continuously for 24 – 48 hours. When wearing a Holter Monitor, try to sleep on your back and do NOT shower (sponge bath is OK).

Event Monitor:

An Event Monitor only records your heartbeat when you activate the device or when you have a qualifying event (monitors can be programmed to automatically record slow or fast heartbeats). The device is activated by pushing a button and should be activated when you feel any symptoms. This device is worn for a longer time period than a Holter Monitor, ranging from two weeks to over one month. Please ensure that you wear your Event Monitor at all times within your monitoring period; you may, however, remove the monitor to shower.

During the Monitoring Period:

Monitors are connected to your body by electrodes. These electrodes, which are also connected to the monitoring device, are put on your chest and record your heartbeat. While wearing your monitor, it is essential that you keep a diary of your actions throughout the day. If you have a Holter Monitor, you will need to write down every activity you carry out within the monitoring period. If you have an Event Monitor, you only need to record when you feel symptoms or take medication. For record keeping purposes, please write down the date, time, activity, and symptoms experienced.