

PATIENT INFORMATION SHEET

The purpose of this test is to record your heart activity for a 24 Hour period while you go about your normal daily routine.

Please advise staff at the time of booking if you have any allergies to surgical tape.

GENERAL INSTRUCTIONS

1. **DO NOT GET THE MONITOR WET.** (Do not bathe or shower during the 24 hour period the monitor is attached).
2. Do not drop the monitor.
3. Keep the monitor inside its pouch.
4. The monitor records throughout the entire 24 hours, please do not interfere with the machine or its leads.
5. Do not remove the electrodes.
6. Promptly reattach any electrodes if they do fall off.

ON THE DAY OF THE TEST:

1. Please shower prior to your appointment. (Do not use powder or body lotions on your chest). Wear clothes that are easy to remove from the waist up.
2. Allow approximately 30 minutes for the monitor to be fitted.
3. Women wear a bra if possible. We suggest that both men and women wear a firm fitting singlet or T-shirt to bed at night to reduce the chance of the leads becoming unattached.
4. The area where the 7 leads are fitted to the chest (similar to an ECG) may need to be shaved and rubbed with alcohol to remove natural oils from the skin. This will make sure there is adequate contact when attaching the electrodes. The leads are secured with extra tape. The recorder is attached with a belt around your waist.
5. You will be instructed to record your daily events in the diary provided. Please make sure you note sleep times and wake up times and any other events you feel might be relevant. (Instructions are inside the front cover of the diary).
6. Please be as precise as possible when stating what time a symptom occurred and **PRESS** the event button at that time. The diary of events forms an important part of the test and should be returned with the monitor.
7. We also require a list of your current medications and when you take them. Please advise the collector of your medications or you can also record them in the diary.

If you have any problems please contact either the collection centre where the monitor was fitted or after hours please contact our central laboratory on 9736 7000.