

PATIENT INSTRUCTION

24 HOLTER MONITOR STUDY

The following guidelines are listed to ensure a successful study result.

- The monitor must be worn for the prescribed time of 24 hours to ensure an accurate study.
- Whilst wearing the monitor, you are not able to undertake the following, as the monitor is not waterproof:
 - Showering,
 - Bathing,
 - Water sports activities
- Please ensure that all leads remain in contact with the adhesive skin dots and that these dots are adhered to the skin at all times.

The monitor is to be returned on completion of the 24 hour study at approximately the same time as the initial appointment. If unable to return the monitor at this time please inform Pathology North Staff at the time of the initial fitting or contact the number listed below.

Friday Fittings

If the monitor is fitted on a Friday and for return on the Monday, please undertake the following steps on Saturday at the same time as the monitor was fitted:

- Turn the monitor off by removing the battery from its housing. Ensure that the battery is removed in one step as reinserting the battery will cause the monitor to delete all recorded data.
- Remove adhesive skin dots (electrodes) from your body and place unit with leads in the case provided ensuring leads are not protruding as this will damage leads when closing lids.
- Place used battery and electrodes in rubbish.

Collection Centre locations are listed on the back of your request form.

For further enquiries including difficulty with this equipment, please contact:

Northern NSW: Lismore: 02 6620 2900 **Grafton:** 02 6640 2234 **Tweed:** 07 5506 7425

Hunter New England - New England: 1300 654 303 **Hunter:** 02 4921 4000

Taree: 02 6592 9343

Mid North Coast: Coffs Harbour: 02 6656 7500 **Kempsey:** 02 6562 0281

Central Coast: 02 4320 3375

Northern Sydney: 02 9926 4111

24 Hour Holter Monitoring Service

Patient Agreement

- You acknowledge that this equipment is the property of Cardioscan Pty Ltd, Melbourne.
- You must ensure that all equipment utilised in this study is to be returned to Pathology North in exactly the same condition as you received it.
- You acknowledge that you are financially responsible for all charges related to this study and equipment misuse or damage whether deliberate or accidental.

Return HOLTER: Date Time.....

- You acknowledge that you will not expose the equipment to water or chemicals which will cause damage to the equipment- i.e. no showering, bathing and/or water sports while wearing the monitor.

I have read and understand the conditions of this agreement.

Name.....

Signature.....

Date.....

