

5-Lead Holter Monitoring

General Information

This test records your heart activity over 24 hours while you go about your normal daily activities.

On the Day of the Test

- Shower before your appointment.
- Do not use powder or body lotion on your chest.
- Wear loose clothing that is easy to remove from the waist up.
- Allow about 15 minutes for the monitor to be fitted.
- The electrode sites on your chest will be cleaned with alcohol to help them stick properly.
- The monitor is worn with a waistband or a long loop around your neck. You can remove the monitor from your neck before going to bed, but **do not** remove the leads or the electrodes.

Please note: You are required to pay for your cardiac testing in full using our online payment portal when having your device fitted at the Clinical Labs collection centre. Assistance from our collector is available if required. If you are eligible for a Medicare rebate and your bank account details are registered with Medicare, you will receive your refund directly from Medicare in the weeks after your test results are issued.

Procedure

Important: Do not drop the monitor, get it wet or expose it to electrical fields (e.g. welders). Keep it in its pouch. Do not bathe or shower during the 24-hour test, as water will damage the device. *Any negligent or accidental damage to the monitor may result in the cost of repair being charged to the patient.*

- The monitor will record continuously for 24 hours. Do not interfere with the device.
- Leave the electrodes in place during the test. Should the electrodes dislodge during the 24 hours, please contact or return to the collection centre to check if the monitor requires refitting. This may result in a further 24-hour recording.
- If you have symptoms (e.g. chest pain, shortness of breath, palpitations, dizziness), press the event button at the top of the monitor. Stay still and breathe normally.
- Write down the event in your diary on the next page. Note the time, the symptoms and what you were doing (for example, were you sitting, running, taking medications or climbing stairs, etc.).
- The monitor is programmed to detect abnormal heartbeats and may record events even if you have not pressed the button.

After the Test

At the end of the test, return the Holter monitor, including the pouch and neck strap/ waistband, to the Clinical Labs collection centre where it was fitted.

OFFICE USE ONLY: Holter SD Card #.....

Patient Details

Patient Name:

Date of Birth: / / Sex:

For patients under 18 years of age:* Height (cm): Weight (kg):

Test Start Date: Start Time: Finish Time:

Pacemaker: ☐ Yes ☐ No

**Please note: Our collection centres are not equipped to measure height and weight. Please have this information ready before your device fitting.*

| Date | Time | Symptoms | Activity |
|------------|---------|----------------------|----------|
| 01/01/2025 | 10.00am | Dizzy/heart flutters | Walking |
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