

Patient Activity Diary

Holter Monitoring

Patient Name:

FIRST		

LAST

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Date of Birth:
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Return this diary with monitor, case, strap and lead wires. Dispose of all adhesive electrodes and tape.

Hook Up Appointment:	24 hour 🗌 48 hour			
	⊥_⊥_ Time: ⊥_⊥_⊥_ _{Y Y} 24 HOUR			
Return to:	by: └ □ a.m. □ □ p.m.			
For Office Use Only				
Recorder #:	_ Card #:			
Technical Staff Hook Up:				
FIRST	LAST			

TIME Circle a.m. or p.m.	ACTIVITY	SYMPTOM
a.m.	Sitting	Start Recorder
p.m.		
a.m.		
p.m.		
a.m.		
p.m.		
a.m.		
p.m.		
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TIME Circle a.m. or p.m.	ACTIVITY	SYMPTOM
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p.m.		
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p.m.		

DO's

- · Carry on with your normal daily activities.
- Record all activities and symptoms with a time in patient diary when they occur.
- If a lead wire becomes unsnapped or falls off, reattach and note time in diary.

DO NOT's

- **Do not** tamper with the recorder, or remove it from its case.
- Do not pull on electrodes, leads or tapes.
- **Do not** bathe, shower or swim.
- Do not use electric blankets.
- Do not remove battery for any reason.
- Equipment should be removed by hand only.

Do not use scissors or sharp tools to remove gauze or tape.

The accuracy and usefulness of this test will depend on how well you keep this record.

Contact for Questions or Problems:

Phone: ______

Patient Diary Instructions

Please write or print clearly

• Maintain your usual routine.

Time of Day

For every entry in the diary.

• Using one clock, mark the exact time. Circle a.m. or p.m.

Activity

- Track your activities:
- sustained physical activities
- exercise
- eat
- urinate
- bowel movements
- sexual relations
- sleep (approximate start and awake times) or long periods of relaxation
- take medication
- extreme emotional state

Symptoms:

- Track symptoms of heart problems:
 - dizziness/lightheaded
 - fainting presyncope/syncope
 - chest discomfort/angina
 - neck, jaw, arm, shoulder, back pain
 - palpitations/heart pounding/skipping
 - significant or unusual shortness of breath
 - nausea/vomiting
 - other symptoms you feel may be heart related or significant

If these symptoms are unusual or are not relieved with your appropriate intervention as prescribed by your physician or you are concerned, SEEK APPROPRIATE MEDICAL ATTENTION.