CAMPBELLTOWN HEART& RHYTHM

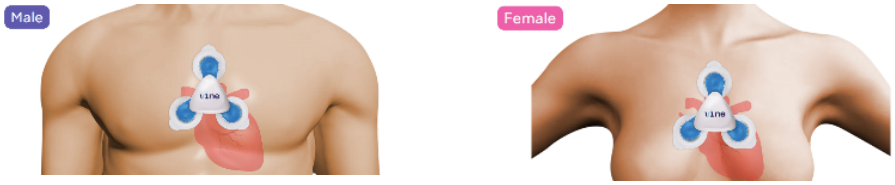
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Holter Monitor Application and Reporting

To monitor your heart function over an extended period, you will wear a Holter monitor. This small device is attached to your upper chest with electrodes and records your heart rhythm throughout the monitoring period.

Preparing for the Holter application

- Make sure the chest area is clean (refer to picture)
- If hairy, shave or wax chest hair from the area



During the test

- Avoid using soap or hot water during showers
- Take short showers (approximately within 15minutes) and gently pat the device dry.
- **DO NOT SUBMERGE THE DEVICE**
- Do not swim with the device
- Replace the electrodes yourself if itching or skin irritation occurs. They can be replaced individually or all three at once.

When testing period is over, gently detach the device, peel off and dispose of electrodes.

What happens now

Once you have returned the device, the recorded data will be securely analysed by CardioScan's cardiac team. The results will then be sent to our clinic, where your cardiologist will review the findings and finalise your report.