

Designated Holter Monitor Locations:

- **Abbotsford:**
#103 – 2151 McCallum Road
Telephone: 604-853-6371
- **Burnaby:**
#201 – 4980 Kingsway (at Nelson & Bennett)
Telephone: 604-433-6511
- **Chilliwack:**
#201 – 9200 Mary Street
Telephone: 604-792-4607
- **Coquitlam:**
#106 – 1015 Austin Avenue
Telephone: 604-937-3913
- **Delta:**
#201 – 8425 – 120th Street
Telephone: 604-591-3304
- **Langley:**
#209 – 5503 – 206th Street (Douglas Crescent)
Telephone: 604-534-8671
#102B – 20999 – 88th Avenue
Telephone: 604-882-0426
- **Maple Ridge:**
#101 – 11743 – 224th Street
Telephone: 604-467-5141
- **Mission:**
#103 – 7343 Hurd Street
Telephone: 604-826-7197
- **New Westminster:**
#508 – 625 – 5th Avenue
Telephone: 604-526-2831
- **Port Coquitlam:**
#7 – 2185 Wilson Avenue
Telephone: 604-944-7754
- **Surrey:**
#101 – 9656 King George Hwy.
Telephone: 604-588-3494
#202 – 16088 – 84th Avenue
Telephone: 604-572-4359
- **Vancouver:**
#201 – 1750 E. 10th Avenue
Telephone: 604-873-2651
#33 – 5740 Cambie Street (at 41st, Lower level)
Telephone: 604-327-2033
- **White Rock:**
#120 – 15321 – 16th Avenue
Telephone: 604-531-0737

Holter Monitor Tests

Holter Monitor tests must be ordered in compliance with the Protocol Steering Committee, MSP and BCMA guidelines, effective August 1, 1997.

NOTE: Patient should be able to record diary symptoms or have symptoms recorded for them.

Name: _____

DOB: _____

PHN: _____

Referring Physician: _____

Requested Reading Physician: _____

Diagnosis: _____

Indications for Holter Testing

The diagnosis must be cardiac related with the exceptions of chest pain, CAD, ischemia, ischemic heart disease. These diagnoses do not meet the protocol criteria.



BCBiomedical

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Holter Monitor Patient Instructions

Your Appointment Information

Name: _____

Date: _____

Time: _____



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Holter Monitor: Information for Patients

One team, one vision, advancing health

What is a Holter Monitor?

A Holter Monitor is a continuous recording of your heart's activity for a period of 20 to 24 hours at a time.

The Holter Monitor is used to help detect possible heart-related problems for such symptoms as:

- Irregular beats
- Dizziness
- Fainting



Holter monitoring also helps to monitor areas such as:

- Effects of heart drugs
- Pacemaker function

How Does a Holter Monitor Work?

Disposable skin sensors are attached to your chest. **(Please Note:** Patients may experience irritation and, occasionally, marking of the skin where the sensors are attached.)

- A cable will connect the skin sensors to a small monitor.
- The monitor is small enough that it allows you to continue with your normal daily activity.
- The monitor will continuously record your heart's activity until disconnected the next day.
- Hookup appointment usually takes 1 to 1½ hours.
- Disconnect appointment takes approximately ½ hour.

Patient Instructions

- Shower or bathe just prior to your appointment.
- **DO NOT** use talcums, lotions or perfumes.
- Wear a comfortable outfit, which opens in the front.
- Bring a list of all current prescribed medication and herbal remedies.
- For patients with pacemakers, please bring your Pacemaker Card with the latest setting.

Women:

- **DO NOT** wear full slips.
- **DO** wear a comfortable bra, as you will be required to wear it for the entire recording period.

Men:

- Be aware that shaving will be required to remove any chest hair where sensors are attached.

CANCELLATION NOTICE:

If you are unable to attend your appointment, please notify the patient service centre as soon as possible.

LATE NOTICE:

If you are late for your appointment, this may result in rescheduling your appointment at a later time or date.

