

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

Prepared by: Cardiology, HCH
Designed and Managed by: Library Services

WG85-2651 © July 2026 Nova Scotia Health Authority
To be reviewed July 2029 or sooner, if needed.
Learn more:
<https://library.nshealth.ca/patient-education-resources>

My Holter Diary

Hants Community Hospital

Time (24-hour): _____

- Remove the monitor at home. Throw out all of the adhesive (sticky) electrodes and tape.
- **Return this diary with the Holter monitor, case, and lead wires to:**
Cardiac Investigations
Hants Community Hospital

by: _____ (date)

If you have any questions:

- › Phone: 902-792-2022
- › Hours: 8 a.m. to 4 p.m., Monday to Friday

My Holter Diary

My details:

All information will be kept private and confidential.

Name: _____

I.D. number: _____

Doctor who ordered the test: _____

Primary health care provider (family doctor or nurse practitioner): _____

Do you have a pacemaker?

☐ Yes

☐ No

What kind of monitor do you have?

☐ 24-hour monitor

☐ 48-hour monitor

Recording start:

Date: _____

Time: _____

Medication(s):

Day 2:

Date: _____

Time	Symptom	Activity

Day 1:

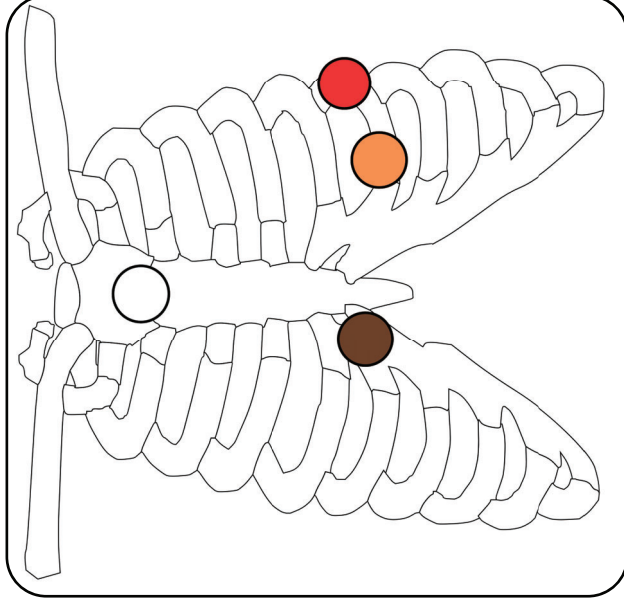
Date: _____ Holter start time: _____

Time	Symptom	Activity

Instructions

- **You have been booked for a Holter test.** During the test, we will take a recording of your heart, called an **ECG or EKG** (electrocardiogram).

Holter monitor



- We will put coloured electrodes (see image above) on your chest.
 - › These electrodes are attached to the Holter monitor by lead wires.
 - › Keep the electrodes in place for the whole time you are having the test. To get the best results, write down any symptoms you have as you do your daily activities (see page 5).
 - › For each symptom, write down what you were doing at the time.

Symptoms may include:

- › Chest, arm, or neck pain
- › Trouble breathing
- › Your heart beating quickly, pounding, or skipping a beat
- › Feeling dizzy, lightheaded, or faint
- › Nausea (upset stomach)
- For each symptom, write down what you were doing at the time.

Activities may include:

- › Going to bed and/or waking up
- › Starting and stopping exercise (like walking, running, biking)
- › Taking medication

Important

If your symptom is severe (very bad), go to the nearest Emergency Department or call 911 right away.

- › The recorder **cannot** help you. It will **not** call a health care provider.

Do:

- Do your usual daily activities.
- Record all of your symptoms, including:
 - › When they happen
 - › What you were doing at the time
- If a lead wire unsnaps from the adhesive or falls off, put it back on and write the time in your diary.
- Keep the monitor dry.

Do not:

- **Do not** get the monitor wet.
- **Do not** take a bath or a shower, or swim. Take a sponge bath, if needed.
- **Do not** pull on the electrodes, lead wires, or tape.
- **Do not** use scissors or sharp tools to take off the gauze or tape.

Sample diary:

Time	Symptom	Activity
9:30 a.m.	Dizzy	Walked to car
11:12 a.m.	Chest pain	Watching TV