

# Holter and event recording

## What does the study do?

We recommend that you do a Holter or Event study. This means that you will need to record your heart rhythm for 24 hours or more. During the course of the study, you should note down your normal activities and any "event" symptoms in the diary on the back.

You should stick to your usual routine as much as possible. You can go to work, play sports, etc.

In order to get the most out of the study, it is important to know what symptoms you have and what you have been doing during this period.

The recorder has a button that you can press when pain or a symptom occurs.

## Preparation

There is no preparation for the study, but we recommend that you bathe at home on the same day and do not put lotion on your chest. Wear loose-fitting clothing on the upper body.

## How long does it take to put the recorder on?

Placement of the recorder and instructions on how to proceed takes approximately 20 minutes.

## Filling in the diary

Write down the date and time the recording was started.

### Activity

In a few words, describe the activity as precisely as possible.

For example, walking - working - in a meeting - at rest - watching TV - taking medicine - driving a car - playing a sport - smoking - consuming alcohol - feeling anxious - doing housework, or similar actions that describe the activity.

### Symptoms

In a few words, describe the symptom as precisely as possible.

e.g. palpitations - dizziness - feeling faint - shooting pain in the chest - chest pain - chest tightness - fear - shortness of breath - anxiety - pain radiating to the arm or neck - hiccups - or difficulty swallowing - malaise.

Feel free to use other words that best describe the symptom.

## Results of the study and follow-up/further treatment plan

The results from the recording need to be examined and analysed. As soon as we have an answer, we will let you know the result. In some cases, it may be the

Turn over >

same day that you have the recorder removed (in Copenhagen only) or we will contact you afterwards to talk about the results and any further treatment plan, if necessary. du får optageren af (kun i København) eller vi kontakter dig efterfølgende med henblik på svar og evt. videre plan.

## Last but not least

Do not swim, shower, enter a sauna or bathe with the Holter device on.

The skin under and around the electrode can become irritated - try not to scratch the area.

If an electrode or lead has become loose, please note this in the diary and re-establish contact as soon as possible.

Please take note of the time according to the 24-hour

## Instructions for use

Do not open / disassemble the recorder.

Do not tug or pull on the electrodes.

Use the clock on your LifeCard/Evo when you notice symptoms.

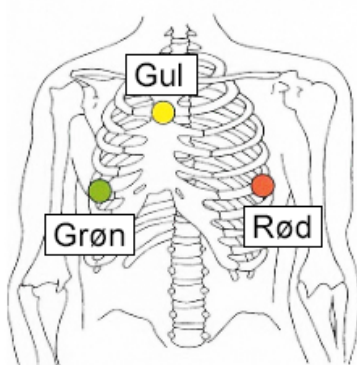
### LifeCard

If you experience symptoms, press either the green or yellow button on the front of the LifeCard recorder to "record an event" - and also enter it in the diary.



Life Card

 **Life Card**



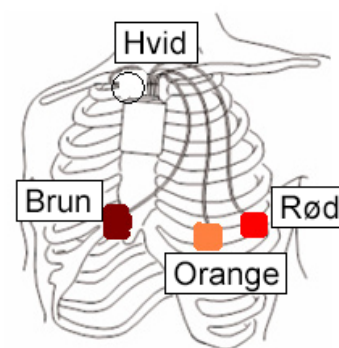
### Evo

With the Evo model, if you experience symptoms, press one of the arrow keys on the front of the recorder to "record an event" - and also enter it in the diary.



Evo

 **Evo**



# Diary

for Holter and event recording

Name:			<input type="radio"/> Aalborg <input type="radio"/> Herning	
Physician:			<input type="radio"/> Aarhus <input type="radio"/> København	
Recording no.:			<input type="radio"/> Esbjerg <input type="radio"/> Ringsted	
Start date:	Start time:	Expected number of days:	Recorder:	Interview on:

Pacemaker: ☐ Yes ☐ No[illegible]