



1. Do not get the recorder wet. This means no showers, bathing, swimming or other activities that could cause either the recorder itself or the electrodes to get wet.
2. Perform all activities as you normally would. This test is designed to determine what effect your daily activities have upon your heart's rhythm.
3. Record all symptoms, activities and medications by pressing the Event button on the recorder and entering the proper event from the Digital Diary, or on the paper diary provided by your doctor
4. Try to avoid any activities or positions that would cause stress to be put upon the lead wires, which could detach the lead wire from the electrode or cause the electrode to peel off.
5. If a lead wire becomes disconnected from an electrode, snap it back into place as soon as it is noticed. If more than one wire becomes detached and you do not know which wire goes where, contact your physician's office for instructions.
6. If an electrode becomes detached from the skin, contact your physician's office as soon as it is noticed.

Electromagnetic Interference

It is best to avoid being around equipment or appliances such as electric blankets, microwave ovens, computer monitors, etc, while wearing the Holter recorder.

Electromagnetic interference may reduce the quality of the recording.