

HEART RHYTHM EXAMINATION

In consultation with your GP, you have decided to have a heart rhythm examination conducted. This examination provides your doctor with important information about how your heart functions, both at rest and during exercise.

For this examination, the doctor's assistant connects an ECG recorder to your body, which automatically registers your heart rhythm and with which you can indicate yourself if you have any complaints. The examination is completely painless.

You will also be given a diary. In this leaflet, we explain what an ECG recorder and an ECG are, what the examination entails, and what you can do to ensure a successful examination.



This examination is reimbursed by all health insurers. Like other diagnostic examinations, this examination will be charged to the statutory excess borne by you.

MORE INFORMATION

Examples of activities and complaints

Activities	Complaints
Having breakfast	Palpitations
Shopping on foot	Irregular heartbeat
Cycling	Dizziness
Household/Gardening/Sports	Passing out
Watching television	Stabbing (pain) in chest
Sleeping	Shortness of breath

For questions about (how to use) the ECG recorder and the diary, please contact your GP (and the assistant).

Do you have any questions? Then ask your GP or the assistant. Even when you are back home. For the reliability of the results, it is important that you know how the examination is done and what you should and should not do. Many people feel tense when they come for a heart rhythm examination. This is perfectly normal, but it may stop you from recording everything correctly or make you forget something. You can also ask someone to join you when the ECG recorder is being connected. Two can hear more than one. The information in this leaflet can also help you, but your doctor or the assistant will always remain your first point of contact for any questions or doubts.

Do you have any questions your GP cannot answer, please check our website www.hartis.nl or contact our helpdesk by phone on 088 - 202 46 46



Hartis is taking great care about your personal- and medical data. We are certified according to the international standards for information and data security **ISO 27001** and the privacy standard **ISO 27701**. In addition we have been accredited according to the Dutch standard for information- and data security in the care sector **NEN7510**. If you have any additional questions how we process your data and take care of your privacy, please check our privacy statement on our website www.hartis.nl

HARTIS HOLTER EXAMINATION



THE RECORDER AND THE ECG

The examination is conducted using a small portable digital ECG recorder that continuously records your heart rhythm. This registration of your heartbeat is known as an ECG (electrocardiogram). The ECG gives your doctor a good idea of your heart rhythm over a certain period (1, 2 or 3 days or 1 to 2 weeks). Based on the test results and the data from the diary you have completed, the doctor can determine whether any follow-up steps are required.



Do not shower or bathe with the ECG recorder

You carry the ECG recorder onto your body. You cannot shower, bathe, swim or visit the sauna with the recorder, because the recorder is not waterproof. The cables and electrodes (stickers) attached to your chest must also remain dry. Washing your body carefully with a washcloth is of course allowed. If you have received one or more sets of electrodes from the assistant, you can remove the electrodes and the recorder to take a shower. Dry yourself well after washing, avoid body lotion or any other creams/emulsions and attach the new electrodes to your upper body according to the instructions in the diary. In your diary, state that you have replaced the electrodes after washing. Also state the day and time you did this.

TIP Before removing the electrodes, you can mark the location of the electrodes with a ballpoint pen so that you can easily replace them in the same location after showering.



Disconnection of the electrodes

Make sure the electrodes (stickers) do not come off. If they do, reattach the electrodes according to the instructions in the diary. Clearly record in your diary when and at what time the electrodes came off and were reattached. This is important when assessing the results of the measurements.

TIP You can attach a bandage plaster onto the pad, fixing the electrodes more firmly onto the skin.



Keep the ECG recorder closed.

Never open the ECG recorder. This will easily cause the device to malfunction and damage it.

THE PREPARATION

Schedule an appointment with the assistant to collect and connect the ECG recorder. It takes about 10 minutes to apply and is completely painless. On the day itself, please wear loose-fitting clothing – like a sweater or a loose T-shirt – that you can easily put on and take off over the electrodes.



Applying the ECG recorder

When you visit the assistant to have the recorder connected, she will ask you to uncover your upper body. The recorder is connected to electrodes that the assistant needs to attach to your bare chest. Men may need to shave some chest hair. We recommend that ladies wear a wireless bra to avoid contact with the electrodes. The recorder itself should be carried in a special bag. The recorder is anything but uncomfortable, and you can resume your normal activities.



Pay extra attention

Avoid body lotion, sunscreen or any other cream or oily product on the day the recorder is being connected. The electrodes recording your heartbeat will be attached to your upper body. If your skin is 'oily', the electrodes will come off, making accurate registration impossible.



Additional electrodes

In addition to the ECG recorder and the diary, you will receive several sets of electrode pads to take home, depending on the recording period. You can simply reattach them to your chest after washing yourself.



Ask your assistant any questions you might have.

In addition to connecting the ECG recorder, the assistant will explain how the examination is conducted, how you can register your complaints, and when you should return the ECG recorder and the diary.

THE EXAMINATION

Once the ECG recorder has been connected, you can resume your normal activities. You don't have to do anything else, except make notes in the diary the assistant gave you.



In case of a long-term registration (1 to 2 weeks), we will ask if you want to mark your complaints for which you have visited the GP. This means that when experiencing any discomfort, you should press the blue button on the ECG recorder as soon as possible. This marks the moment of your discomfort in the ECG. If possible, do this every time you experience discomfort and immediately write down in your diary: the date, time, type of discomfort and whatever you were doing at that time. The recorder continuously registers your heart rhythm. Even if you fail to press the button when sensing discomfort, the irregularity will be visible in the ECG.

TIP Examples of activities and complaints can be viewed in a table on the back of this leaflet.



Why make notes in a diary?

It is very important for the result that during the examination, you also make notes in the diary that the assistant gave you. Write down exactly when you are doing what and when you are experiencing discomfort, stating the date and time. Combined with the ECG test results, this will help your doctor identify any connection between specific activities and your complaints.



Returning the ECG recorder

After the examination period, you can remove the electrodes yourself at home. The assistant has explained how to do this. Return the ECG recorder and diary to your doctor on the agreed date and time. Next, we will proceed to analyse the ECG. When the results are known, your doctor will contact you to discuss the results and any next steps.