Holter monitor for 72 hour or 7 day use

Instructions on how to set up and use

Make sure the packet contains everything you need to set up the monitor. You should have:

- the monitor with a card slotted in
- a battery
- a back with leads
- stickers – enough to change them every other day
- this instruction sheet
- a diary card
- a pre-paid return postage bag

1. Make sure your child's chest is clean, dry, and free from any creams, oils, or moisturisers. If the skin is slightly sweaty, you can lightly exfoliate the skin by rubbing with a towel or cloth. This will prevent the stickers from peeling off.

2. Peel off the paper backing from the stickers. One should go slightly right of centre of your child's chest (left as you're looking at them), and the others should go by the armpits on the left and right sides. The blue tab should point downwards.

3. Using the poppers, clip the yellow lead to the top sticker, the red lead to the left sticker, and the green lead to the right sticker (see picture).

4. Using the catch, hook the lead back to the monitor, and make sure it has firmly clicked in place.

5. The monitor should make a 'beep' when this is done. The screen should turn on, and display 'Spacelabs Healthcare' then '7 Day'. This is just the maximum time the monitor can record for.
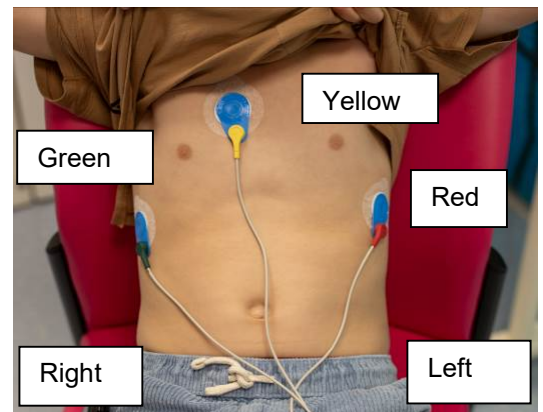
6. Using the yellow button, scroll down to 'Set Up' to make sure the time is correct. You can adjust this by scrolling to the time, pressing select, and then adjusting as necessary. Press green when you are finished, and use the yellow button to scroll up to 'back.'

7. As your child is wearing a 72 hour or 7 day monitor, scroll up and press 'Start Week.' Make sure you press this, NOT just 'Start', or the monitor will stop recording after 48 hours.

8. At the 'Speech Recording' prompt, scroll down and select continue.

9. You should then see 2 ECG channels. Scroll through the channels to ensure all have clear recordings (see picture).
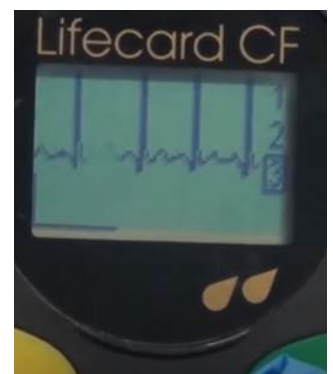
10. Press the green button, and select 'START NOW.'

The monitor is now set up and recording.

Other Information

The monitor is not waterproof, so please only remove it every other day for bathing and sticker changes for maximum recording time.

You do not need to press any buttons to turn off the monitor before you send it back, but don't worry if you accidentally press any, or if the screen still says 'recording' when you remove the monitor.

To help spread the stop of infection, please dispose of any used stickers and do not send these back to us.

Don't forget to include the diary card with the monitor, even if your child has no symptoms, as this is important for our reports.

Please make sure you take the monitor to a post office the day the recording is finished, as agreed with the physiology team.

We are extremely limited on monitors, and failure to return the monitor by the agreed date results in cancellations and delays for other children on the waiting list.

> ## Contact us
> Call the paediatric cardiology outpatient team on 020 7188 9224 (Monday to Friday, 9am to 4:30pm) if you have any problems.

Evelina London Medicines Helpline
If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline, **phone** 020 7188 3003, Monday to Friday, 10am to 5pm **email** letstalkmedicines@gstt.nhs.uk

Your comments and concerns
For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **phone** 020 7188 8801 **email** pals@gstt.nhs.uk. To make a complaint contact the resolution department **phone** 020 7188 3514 **email** complaints2@gstt.nhs.uk

Language and accessible support services
If you need an interpreter or information about your care in a different language or format, please contact the department your appointment is with.

Use this QR code to watch our film that goes with these instructions.

Our values: Put patients first | Take pride in what we do | Respect others | Strive to be the best | Act with integrity