



Manage your cardiac health better

Monitor your heart's activity at home with
Holter Monitoring.

[Find out more inside.](#)

Dynacare[®]

Holter Monitoring An easy and non-invasive way to manage your heart health

Dynacare is proud to offer Holter Monitoring to help you and your healthcare provider manage your cardiac health. We have integrated digital Holter Monitoring technology into our wide network of Dynacare Laboratory and Health Services Centres to ensure you receive quick and easy access to the expertise of a cardiac specialist with a minimal wait time.

This non-invasive system records your heart activity for a period ranging from 24 to 48 or 72 hours at a time. This allows you to have an electrocardiogram in the comfort of your own home in order to:

- Assess irregular heart rhythms
- Evaluate dizziness and fainting
- Determine the effects of heart drugs
- Assess Pacemaker function

The monitor is small and will not affect your daily activities

The Holter Monitor is small and easy-to-use

The monitor is small and will not get in the way of your normal daily activities. Disposable latex-free skin sensors are attached to your chest and worn throughout the entire test. A cable connects the skin sensors to a small monitor.

The monitor is non-invasive and pain-free, although irritation or marking on the skin has occasionally been experienced where the sensors are attached. The monitor will continuously record your heart's activity until it is disconnected the next day at a Dynacare Laboratory and Health Services Centre. You will be asked to keep a logbook to record changes in your activities and any discomfort you experience to provide correlation between any detected changes and symptoms.

The appointment to set up your monitor will take approximately one hour, and then you will return for a half hour appointment to disconnect it. Please note that tampering with the monitor or cables or turning off the monitor will result in a failed test.

Holter Monitoring is an important step to managing your cardiac health



Benefits of using Holter Monitoring through Dynacare

The professional, knowledgeable and courteous staff at our Laboratory and Health Services Centres will make sure your experience is as comfortable as possible. You will receive fast, easy access to the Holter Monitoring service, with a minimal wait time. This includes access to cardiology expertise and fast turn-around times for results.

Since Holter Monitors are significantly smaller and lighter than previous analogue recorders, your cardiac monitoring will be discreet and not get in the way of your normal activities.

Faster and more informed clinical decisions

The Holter Monitor downloads your cardiac information in real time to the recorders at our Dynacare Laboratory and Health Services Centres. This information is then sent electronically to medical consultants for interpretation – and their reports are returned electronically to Dynacare for distribution to your healthcare provider.

This system enables your healthcare provider to make faster and more informed clinical decisions about your cardiac health and significantly improve your care. The system also allows for later integration of both electrocardiogram and Holter Monitor results into a single efficient electronic medical record.

In order to arrange an appointment, please contact your nearest Dynacare Laboratory and Health Services Centre, or have your healthcare provider contact us on your behalf. You can find the Laboratory and Health Services Centre nearest you by visiting Dynacare.ca.

Should you require more information, please contact Dynacare customer care at 800.565.5721.

It's easy to prepare for your Holter Monitor test

Please shower or bathe prior to your appointment, but do not use talcum powders, lotions or perfumes. Wear a comfortable outfit, which opens at the front.

Women are asked not to wear full slips, and to wear a comfortable bra, as you will be required to wear it for the entire recording period.

For men, please be aware that some shaving will be required to remove any chest hair where sensors are attached.

In addition, please bring a list of all your current prescribed medication, as well as any herbal remedies you may be taking. Individuals with pacemakers are asked to bring their Pacemaker Card with the latest setting.

For more information,
please visit dynacare.ca

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