

myPatch Holter test

Patient information

Your doctor has chosen to provide you with the latest cardiac monitoring technology and highest standards of patient care, using a myPatch Holter. The lightweight, waterproof device allows you to continue with your regular daily activities, while recording your heart beat continuously for the entire test.

At your appointment

We will apply the adhesive myPatch device, which usually takes about 30 seconds and is completely painless. Patients being fitted for 3-channel recording will also have a small lead wire and dot electrode positioned at the ribs.

During your test

Continue with your daily routines as normal, including exercise and showers, and wear the device for the length of time requested by your consultant. Then, return the device at the end of the test.

We advise that you

- Wear loose fitting clothes
- Take any medications as normal unless advised otherwise
- Continue with typical daily activities, including showers and exercise
- Remember to mark the time & date of your fitting on the top of your symptom diary.

What to do if you experience symptoms

myPatch allows you to indicate if you experience any mild symptoms, such as dizziness.

Firmly and quickly double-tap the device. A blue light will come on to show the event has been marked on your test. **(Do NOT press the button as it will stop your test)**

Then, record your symptoms on the Symptom Diary overleaf to capture the specific symptoms you experienced.

