

myPatch Holter monitor

What is a Holter monitor?

A Holter monitor is a lightweight, wearable device that records the electrical activity of your heart continuously.

Your doctor may recommend you wear the device for periods of 24hrs up to two weeks or more, depending on your symptoms.

myPatch benefits

myPatch Holter monitors allow you to have a detailed look at your heart health, without altering your lifestyle. Some of the benefits include:

- Accurate monitoring
- Lightweight device
- Easy to use
- Waterproof
- Records for up to 14 days
- Doesn't disrupt your daily activities

Why has my doctor ordered a myPatch Holter test?

Doctors typically may have requested a myPatch Holter test if you are experiencing symptoms such as dizziness, headaches, excessive sweating, fainting/near fainting or loss of breath – which can be associated with irregular heart rhythm. A myPatch Holter will help your doctor determine any irregular heart activity, which may occur intermittently over the course of a day or more. Wearing the monitor provides your doctor with information about any heart issues you may be experiencing, or whether treatment of the issue/s is working if you have a previous diagnosis.

Do I need to limit my activity while wearing a myPatch Holter monitor?

One of the benefits of a myPatch Holter device is that you are free to work, exercise, shower or do any other regular daily activities. In fact, many patients forget that they are wearing a myPatch Holter. We recommend wearing comfortable, loose clothing throughout the duration of the test, in case you need to tap the device to record an event.

Are there any side effects to wearing the myPatch Holter monitor?

myPatch is lightweight and comfortable with no side effects for most patients. Some slight skin irritation may occur while wearing the myPatch Holter monitor, which is completely normal. If a significant rash occurs, it is best to remove the device and contact your health professional immediately, as it is possible that you are allergic to the adhesives.

What do I do if I experience symptoms while wearing the myPatch Holter monitor?

One of the myPatch Holter's features is that it allows you to indicate if you experience any mild symptoms, such as dizziness. You simply double-tap the device firmly and quickly. A blue light will come on to show the event has been marked on your test. Your health professional may also provide you with a symptom diary, so you can write down your symptoms and activity leave during the event. If you experience any severe symptoms while wearing the myPatch Holter monitor, then follow the medical advice of your health professional and seek help immediately.

For more information on diagnosis, common heart conditions, symptoms and treatment, visit www.cardioscan.co/resources/patient-fact-sheets

What do I do if I notice issues with the myPatch Holter monitor?

If you have any issues or concerns with the device during your test, contact your health professional. A red light on the device can indicate there is a fault, while if there is a yellow light then the device may have a low battery. If there are any issues with your device, then contact your health professional.

What happens after the test?

Your heart data will be sent for analysis and interpretation at CardioScan, and results will be returned to your health professional within 24hrs. Once they've received the information, they will discuss whether further tests and examinations are needed, or any diagnosis and treatments plans.



Certified by
CardioScan's
Dr Harry Mond
Medical Director

Associate Professor at
Melbourne and Monash
universities in Australia.

Your health professional has chosen CardioScan to analyse your test results.

CardioScan's team of cardiac technicians meet the highest compliance and analytical standards, while delivering the latest heart monitoring software and devices.

**Over 30 years of
reputable and trusted
cardiac monitoring**

**500k hearts analysed
and reported on each
year**

**Trusted by medical
experts in 8 countries
worldwide**