**Holter Monitor Activity Diary**

Patient: Date: .

Breed: Weight: Age: Sex: .

Vet: Practice: .

Reason for Holter: .

Starting date: Starting time: .

Finishing date: Finishing time: .

Activity Diary for your dog’s heart monitor

Your dog has been fitted with a Holter (ECG) monitor to enable us to assess their heart rate and rhythm continuously over an extended period of time. It is important that you encourage your dog’s normal routine (exercising, playing, sleeping etc. as he/she would normally do) when they are wearing the Holter. Please keep a record of his/her activities using this Activity Diary and write down on this form when your dog is exercising or excited versus when they are resting or sleeping, so that we know when their heart rate should normally be fast (e.g. at exercise/excitement) and when it should normally be slow (e.g. at rest/sleep). This information that you provide enables us to check if your dog’s heart rate and rhythm is appropriate for their level of activity.

If your dog shows any symptoms, such as collapse whilst wearing the monitor, please open the top flap of the Holter vest and press the GREEN button on the monitor which you will find secured in the pocket. This will flag the ECG at the time of the event. Please clearly indicate the exact time of the event on the Activity Diary. Describing the event with as much detail as possible (or even making a video of the episode) can also be very helpful.

It may take your dog a little while to get used to wearing the vest. This is normal. The vests have been designed to be comfortable but do they need to have a snug fit to keep the Holter monitor in place securely and ensure a good quality recording. Please make sure your dog does not interfere with the Holter monitor or vest and try to remove it. If the Holter monitor leads start to become visible, they can be tucked back into the pocket in the vest to stop them becoming damaged. If necessary, please obtain an appropriate collar from your vet if you are concerned that you dog may interfere with the monitor overnight when unobserved. The monitor IS NOT WATERPROOF. Please ensure your dog does not swim whilst wearing the monitor and try to keep the vest from getting too wet or muddy as this may cause discomfort.

Please make an appointment to have the Holter monitor removed by your vet after the recording has been completed. You will be informed of the recording results as soon as they are available. These results will help us to decide if any specific treatment is required for your pet.

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