Holter Monitor Diary

If you experience symptoms whilst wearing the device, press the middle button and document the time of occurrence, symptom you were experiencing and what you were doing in the table below.

- Please note: if you hold the button for >5 seconds this will cause the device to switch off and stop recording

The monitor will beep twice and flash a red X if a lead becomes disconnected. Please check all of the stickers are connected to your body and device, and contact the Technical Support line if this continues

Date & Time	Symptom	Activity

Advara HeartCare