

運動心電圖

HOLTER MONITORING

關於此份文件，你若有任何的疑問或是任何不明瞭的部分，或是需要一位口譯員，請詢問你的醫生或其他的健康提供者。

If you have any questions about this document or do not understand any portion of it, or need an interpreter, ask your physician or other health provider.

運動心電圖是什麼？

What is Holter monitoring?

運動心電圖也可稱為可行動的心電圖，是一個小型可攜帶的錄音機，紀錄連續 24 小時的心電圖，心電圖是紀錄你心臟電氣的活動。

- A Holter monitor, also called an ambulatory EKG, is a small, portable tape recorder that records an EKG over a period of 24 hours. An EKG is a recording of your heart's electrical activity.

在診斷心率不整是特別地有用的。

- It is especially useful in diagnosing abnormal heart rhythms.

你可預期什麼？

What you can expect?

當你抵達檢查區，你會被詢問有關你的醫病史。

- When you arrive at the testing area, you will be asked questions about your medical history.

你會被要求脫下你的襯衫。

- You will be asked to remove your shirt.

連接有電極和電線的紀錄器會被放置於你的胸部。

- Electrodes and EKG wires that are connected to the recorder will be placed on your chest.

錄音機放置於具有繩帶布制的小囊中並放置於你的肩膀或腰部四周。

- The recorder is placed in a cloth pouch with a strap and is placed around your shoulder or waist.

醫技人員會指示你紀錄任何你每日所有的癥狀，和當你感覺到此徵狀時是你正在作什麼活動。 你會依指示如何當你有徵狀時按下在錄音機上的 ‘狀況鈕’ 。這紀錄在錄音機裡錄下你的徵狀時間。

- The technician will instruct you to record any symptoms you may have in the diary and what activity you were doing when you felt the symptoms. You will be instructed how to press the “event button” on the recorder when you have a symptom; this records the time of your symptoms on the tape recording.

你可能會需隔天將監測器帶回來。你若無法將監視器帶回來，可另作安排。

- You will be given a time to bring the monitor back the next day. If you are unable to bring the monitor back, other arrangements can be made.

裝置你的監測器需約花 15 鐘左右。

- It will take about 15 minutes to set up your monitor.

檢查結果

Results of the test

監視器帶回後，此錄音帶會由醫技人員掃描和透過電腦分析。

- After the monitor is brought back, the tape is scanned by a technician and analyzed by a computer.

心臟病專家會閱覽從錄音帶 (監測器) 裡列印出的報告，並會將最後報告交給你的主治醫師。

- A cardiologist will review the printed report from the tape, and a final report will be given to your primary doctor.

最後結果在几天內可取得。

- The final results will be available in a few days.

你若有任何疑問，請向你的醫師或是其他的健康照顧提供者詢問。

- If you have any questions, please ask your physician or other health care provider.

特別的指示

Special instructions

請穿釦子在前面的寬鬆的衣衫或襯衫。

- Wear a loose fitting blouse or shirt with buttons in the front.

從電子設備的訊號可能會影響紀錄。當使用此監測器時，請避免在有電毯、電磁波、金屬探測器及任何高壓區域使用此監測器。

- Signals from electronic equipment may interfere with the recording. Please avoid electric blankets, magnets, metal detectors and any high voltage areas while wearing the monitor.

當監測器在身時，請勿淋浴或泡澡、或使監測器弄濕。

- Do not take a shower or bath with the monitor on or get the monitor wet.

請記得交回你的每日紀錄與監測器。

- Please remember to return your diary with the monitor.