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## **Holter Monitor Instructions**

Your doctor has prescribed the Holter Monitor test for you. The Holter Monitor is a small device that will record your heartbeat while you wear it as you go about your normal daily activities for a period of 24 hours. The Holter Monitor has electrodes that are attached to your chest and connected to the monitor.

### **Preparation for Test**

During the 24 hours that you will be wearing the Holter Monitor, you will not be able to bathe as the monitor cannot get wet. Therefore, you should bathe before you come in for your appointment. Please do not use any skin lotion or perfume as this may produce interference with the test equipment and limit our ability to view the results. Women should wear a comfortable bra and a shirt or blouse with buttons to allow ease in wearing the device.

### **What to Expect When the Holter Monitor is Applied**

Applying the Holter Monitor is a non-invasive procedure. You will be able to hide the wires under your clothing and the device will be attached to a belt or strap that you will wear during the 24 hour period.

Before we apply the electrodes, we will be cleaning your skin with an alcohol pad. For men, we may need to shave the chest area where the electrodes must be placed in order to ensure that they stick to your skin. We will also clean the electrode sites with alcohol and scrub with an abrasive pad in order to ensure proper connectivity. This may be slightly uncomfortable but will help you obtain the most accurate results.

### **During the Test**

While you are wearing the monitor, you may carry out your normal daily routine. You will not be able to bathe during this time, and care should be taken to keep the monitor away from a sink to avoid splashing water. It is also important that you do not tamper with the monitor, battery, or memory card as this may cause data loss. You are permitted to use a cell phone, but you should not keep the phone in close proximity to the monitor as this may cause interference.

You will be given a diary to record your activities throughout the day, as well as any symptoms you may be having, such as chest pain, shortness of breath, or skipped heartbeats, and the time that they occur. Your physician will then review the data recorded from the monitor with the information in your diary.



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**After the Procedure**

After wearing the Holter Monitor for 24 hours, you will return to the office where we will remove the equipment and electrodes. You will then be able to go home, and your physician will review the data the next office day. Your physician will advise you of the results, and if any further testing is required.