

HOLTER MONITOR INSTRUCTIONS

You have been recommended to have a **Holter Monitor** and I would like you to read this information sheet, prior to your scheduled test in our office.

What is Holter Monitoring?

A Holter monitor is a portable electrocardiographic (EKG) recorder that you wear during your normal daily activities, including sleeping. The Holter monitor continuously monitors your EKG, over a twenty-four hour period.

1. Electrodes (sticky patches) are placed on the skin of your chest. Wires are attached from the electrodes to a small recorder about the size of a portable tape player and worn on a belt or shoulder strap. The electrical impulses are continuously recorded and stored in the Holter Monitor.
2. While you are wearing the monitor, you will be asked to keep a diary of your activities and your symptoms, such as fluttering feelings in your chest (palpitations), rapid heartbeats, and any episodes of dizziness or faintness. It's important to keep track of the activities you were doing when your symptoms occurred, so your doctor can see what kinds of events are bringing them on.
3. It will take approximately 15 minutes to have the monitor put on.
4. You will return the next day to have the monitor removed.
5. I will then download the recorded information to a special computer that analyzes the recording and looks for any abnormalities of the rhythm.
6. I will then prepare a full report that will include a printout of abnormal heart rhythms.

Why is Holter Monitoring Done?

This test will help the doctor evaluate the type and amount of irregular heartbeats during regular activities, exercise and sleep.

What Can be Expected After the Monitor is Put On?

1. Once the monitor is in place, do not touch or adjust the electrodes or the monitor.
2. Do not get the electrodes or the monitor wet.
3. Do not have X-rays taken while wearing the Holter monitor.
4. Avoid using an electric blanket, heating pad or water bed while wearing the monitor.
5. You must record your daily activities and any symptoms that you may experience in the daily diary provided. This will help me make a more accurate evaluation.

What Preparation is Needed?

1. Do not apply creams, oils, or powder to your chest before the test as the electrodes will not stick.
2. Wear loose, comfortable clothing.
3. Plan to arrive approximately 15 minutes before the scheduled time of your test.

Appointment Cancellations:

This time has been especially set aside for your test so please give us at least 24 hour notice if you are unable to keep your appointment, as a \$25 cancellation penalty will be charged for any missed appointments cancelled the same day of the test.