

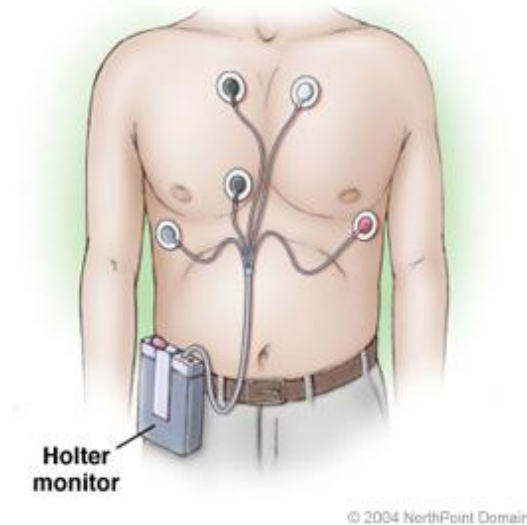
HOLTER MONITORING

What is Holter Monitoring?

A holter monitor is a portable device that is worn by patients for 24-48 hours to record the heart's electrical activity. By recording this electrical activity, your doctor can detect the presence of an irregular heart beat or abnormal heart rhythm and further recommend a course of treatment most appropriate for you.

Why do I need to have this procedure done?

- Your doctor has recommended holter monitoring to record your heart's electrical activity to determine if any irregular or abnormal heart rhythms may be contributing palpitations or symptoms you may be having.



How should I prepare for the procedure?

- There is no specific preparation for the holter monitor.
- One of the clinic technicians will place the monitor's seven electrodes worn on your chest for 24-48 hours.
- The electrodes on your chest are connected to a small battery powered device by wires. The battery pack is worn at your waist by a clip or a small carrying case that can be worn at your shoulder or around your neck.
- You can carry on your usual daily activity – eating, sleeping, working, exercising.
- Avoid showering, bathing, or getting the device or electrodes wet.
- Limit the use of small electrical devices (such as electric toothbrushes, razors, etc) which may interfere with the monitor.

- Keep a detailed diary of any symptoms you experience during the time when you are wearing the monitor, recording the date and time and specific description of the symptoms experienced.

Is there anything specific to do after the test?

- No special care is required after the test. You may return to your usual level of diet and activity immediately after the test is completed, unless the doctor or nurse practitioner has instructed you differently.
- Please return the monitor as soon as possible to the clinic office.
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Please do not hesitate to contact our office if you have any questions or concerns.

Thank you!