

Your 24-Hour Holter Monitor Test

Diagnostic Cardiology Department

Why do I need a Holter monitor?

Your doctor wants to know about your heart rate, heart rhythm, and any possible fast, slow, or irregular heartbeats (called arrhythmias). This information helps your doctor diagnose and manage conditions that can affect your heart.

We will contact you with a date and time for your appointment. If you have not been contacted within 4 business days, please call your hospital and ask to speak to someone in the Diagnostic Cardiology Department.

My appointment is:

Date: _____

Time: _____

Hospital: _____

It is best to arrive at the hospital 15 minutes before your appointment.

Please go to the **Diagnostic Cardiology Department** of the hospital.

Your appointment can take up to one hour.

How do I prepare for my test?

Please do not wear lotions, perfumes, or talcum powder. You can wear deodorant.

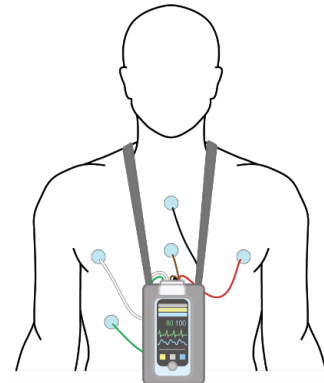
What can I expect?

A cardiology technologist cleans your skin in 5 specific places on your chest. They then gently rub your skin with buffing tape.

Note: If you have hair on your chest, they might need to shave your chest in the places where the electrodes attach.

They place 5 sticky sensors (called electrodes) on your chest.

The electrodes attach to cables that go to a recording device. The device is placed in a bag that you wear around your neck.



What do I need to do?



Wear the device for the duration of the test. Please continue to do your regular daily activities.



Do **not** let the Holter monitor get wet.

Return the Holter monitor to the Diagnostic Cardiology Department the following day at:
