



24-Hour Holter Monitor Test

Preparation Needed:

Please read all instructions carefully and follow them exactly as outlined below. Failure to do so may result in the cancellation of your test.

Please refrain from using lotions and other oily substances that can interfere with contacts. Otherwise no preparation is necessary.

Brief Description of Test:

A holter monitor is a device that will make a recording of your heart rhythm. You are asked to keep a journal of your activities, while you proceed about your normal life. After 24 hours you return to our office for monitor removal. The results are downloaded into a computer, analyzed, and then given to your doctor for further review and evaluation. Once the monitor is in place, do not touch or adjust the electrodes or monitor. Do not get the electrodes or monitor wet and avoid using an electric blanket, heating pad or water bed.

Why Am I Taking This Test?

Your doctor has ordered this test in order to evaluate your heart rate and rhythm over a 24-hour period of time.

Please call our office with additional questions.