



HOLTER MONITOR INSTRUCTIONS

A Holter monitor is a continuous recording of your heart rate and rhythm. **You will wear the machine for 24 hours and continue your regular activities.**

You are required to KEEP A DIARY of your symptoms, carry a note pad and pen during the test.

TO PREPARE:

- Please SHOWER or BATHE just prior to your appointment.
- Do not use any talcum, lotions/creams, oils or perfumes on your chest.
- Wear a LOOSE FITTING 2-PIECE OUTFIT. A shirt that opens in the front is usually more comfortable. *Women please no full-length slips or dresses.*
- Men please be aware that we need proper contact with skin, this may require shaving.

You are responsible for the machine. **It must not get wet or damaged.**

THERE IS A \$50 CHARGE FOR MISSING THE TEST.