

Allen Park Cardiology

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Holter Monitor Instructions

Instructions before wearing the Holter Monitor:

1. Please take a shower! You CAN NOT take one while wearing the monitor.
2. Do not put on any lotion or creams of any kind
3. Wear comfortable loose fitting clothes
4. Ladies, please wear a sports bra, regular underwire/non underwire bra, or a camisole. No corset or boned bras please!
5. Gentlemen, if you have a lot of chest hair we might have to shave you so be prepared.
6. Be aware that while wearing the holter monitor the wires and tape may be visible. So plan your day accordingly.
7. Take all your medications as directed

Instructions while wearing the monitor:

1. Do not shower or swim while wearing the monitor. It CAN NOT get wet!
2. Do your normal daily routine. If possible go for a walk or exercise.
3. You are required to fill out the patient symptom diary. Its simple just write down the time, activity, and symptom.
Example: 4:00 p.m. was walking felt palpitations.
4. We do not need a daily diary just a symptom diary.
Example of what we don't want: 4:00 p.m. watching TV feel fine.
5. The leads are all Color coordinated Green, white, red, black, and brown if at any point they fall off please place it back to your best ability and write in the diary what color and what time it fell off.
Example: Green fell off at 4:00 p.m.
6. You do not have to press any buttons it will do everything on its own.
7. The screen will show a countdown clock, which will go blank after your 24 or 48 hours are up.
8. When removing your holter monitor you can come into the office and we can remove it for you. Or you can remove it yourself place it in a bag with the diary (even if you did not fill it out) and drop it off at the front desk
9. It will take up to two weeks to get your final results. No news is good news.