Cardiology Associates of Cincinnati, Inc.
3219 Clifton Ave, Suite 400
Cincinnati, OH 45220
513.861.1260 or 800.553.8117

PATIENT INSTRUCTIONS FOR HOLTER MONITOR

You have been scheduled for a Holter monitor at our office. The following is a list of instructions, along with a brief explanation of the test. The nurse or technician performing your test will explain the test in full at the time of your appointment.

You have been scheduled on _____ at _____ am/pm.
Day/date *Time*

Your test will be at the following office:

☐ Clifton ☐ Anderson ☐ Montgomery
☐ Mount Airy ☐ Western Hills ☐ Clermont

Instructions:

1. Please arrive approximately 10 minutes early for your appointment. You will need a list of all of your medications.
2. Take a shower the morning of your test since you will not be able to shower or bathe while the monitor is in place. **Do not use lotion or powder on your chest or abdomen.**
3. Wear a shirt that can be easily removed.
4. There are no eating restrictions with this test.
5. Please allow for approximately 30 minutes of testing time.

A Holter monitor records the electrical activity of your heart (EKG) for a continuous period of time, usually 24 hours. This test can assist your physician in determining if the symptoms you are feeling are being caused by your heart rhythm. You will be able to continue with your normal daily activities, including exercise, as long as your physician allows this.

You will be asked to remove your shirt in order for the monitor to be placed. You will then have electrodes placed across your chest and abdomen. These electrodes will have wires attached to them that are connected to a small box containing the tape/disk that will record your heart rhythm. The nurse or technician will also use tape to secure the electrodes to your chest and abdomen. The box containing the tape/disk may be worn around your neck or attached to a belt while you are being monitored. Do not use a heating pad, electric blanket or TENS unit while wearing the monitor. Do not get the monitor or the wires wet. **You will not be able to shower or bathe while the monitor is in place.**

You will be allowed to remove the electrodes once the test is complete. The nurse or technician will tell you when you are able to remove the monitor. You may remove the electrodes from the wires and throw them away. **Do not throw the wires, box or case away.** Please speak with the nurse or technician regarding which office you may return the monitor to and when you can do this.

Once your monitor is returned to the office, a technician will scan the tape/disk. Your cardiologist will then read the test. This process may take 2 – 3 days. A copy of the report will be automatically sent to your primary care physician.

IF YOU HAVE ANY QUESTIONS, OR NEED TO RESCHEDULE YOUR TEST,
PLEASE CONTACT OUR OFFICE AT 513.872.7143 or 800.553.8117

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