

## HOLTER MONITORING

### What is Holter Monitoring?

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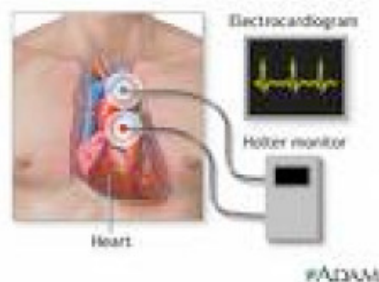
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### Why do I need to have this procedure done?

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### How should I prepare for the procedure?

- There is no specific preparation for the holter monitor.
- One of the clinic's technicians will place the monitor's seven electrodes worn on your chest for 24-48 hours.
- The electrodes on your chest are connected to a small battery powered device by wires. The battery pack is worn at your waist by a clip or small carrying case that can be worn at your shoulder or around your neck.
- You can carry on your usual daily activity – eating, sleeping, working, exercising.
- Avoid showering, bathing or getting the device or electrodes wet.

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- Limit the use of small electrical devices (such as electric toothbrushes, razors, etc.) which may interfere with the monitor.
  - Keep a detailed dairy of any symptoms you experience during the time when you are wearing the monitor, recording the date, time and specific description of the symptoms experienced.

**Is there anything specific to do after the test?**

- No special care is required after the test. You may return to your usual activity level and diet, immediately after the test is complete, unless the doctor has instructed you otherwise.
- Please return the monitor as soon as possible to the clinic office.

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Please don't hesitate to call our office at (480) 782-0101 if you have any questions or concerns.