

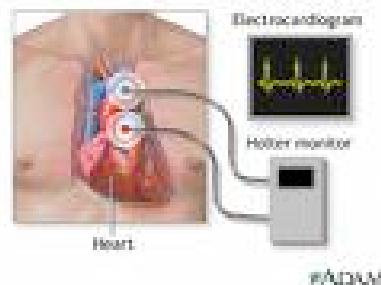
HOLTER MONITORING

What is Holter Monitoring?

A holter monitor is a portable device that is worn by patients for 24-48 hours to record the hearts electrical activity. By recording this electrical activity, your doctor can detect the presence of an irregular heart beat or abnormal heart rhythm and further recommend a course of treatment most appropriate for you.

Why do I need to have this procedure done?

To record your hearts electrical activity to determine if any irregular or abnormal heart rhythms may be contributing palpitations or symptoms you may be having.



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.
- 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) 612.0400 if you have any questions or concerns.