



HOLTER MONITOR Patient Preparation Instructions

_____ Davenport Office
3rd Floor, Genesis Heart Institute
1236 East Rusholme
Davenport, IA 52803
(563) 324-2992

_____ Moline Diagnostic Center
1100 36th Avenue
Moline, IL 61265
(309) 743-6700

_____ Clinton Outreach Clinic
1st Floor, South Entrance
Mercy Medical Center
638 South Bluff Blvd.
Clinton, IA 52732
(563) 244-3526

Your test is scheduled on: DATE: _____ TIME: _____
Length of Recording: () 24 Hour () 48 Hour

- **Please read these instructions carefully. Failure to follow these instructions may require the procedure to be rescheduled.**
- **If you need to cancel or reschedule this test you MUST call 48 hours prior to your appointment time.**
- **If your insurance has changed since the time your test was scheduled, please check with your current insurer to see if test pre-certification is required.**

What is a holter monitor?

A holter monitor records your heart's electrical rhythm. A small recording device is worn on the chest. When you return the monitor an analysis of the heart's electrical rhythm is performed.

How do I prepare for the test?

- You can take all of your medications before this test.
- Wear comfortable two-piece clothing.
- You will be unable to bathe while wearing the monitor. Please shower or bathe before your appointment.
- Please allow 15 minutes for this test.

Upon arrival at the doctor's office...

A member of our staff will escort you to an exam room and explain the procedure. The staff member will place electrode patches on your chest which will remain on during the entire monitoring period. The holter monitor has wires that will be attached to the electrode patches. The monitor is carried in a small pouch that hangs from your neck. You will be asked to keep a diary of your activities and symptoms during the while wearing the monitor. Because the electrode patches are attached with tape or adhesives, they may cause mild skin irritation. Please tell our staff if you are allergic to tape or any adhesives. The holter hook up will take about 15 minutes to complete. **Please return the monitor promptly at the end of the monitoring period.** A copy of your test report will be sent to your physician.