



Preparing for a 24hour Holter Monitor

- A Holter monitor is a small, battery-powered medical device that measures your heart's activity, such as rate and rhythm. Your doctor may ask you to use one if they need more information about how your heart functions than a routine electrocardiogram (ECG) can give them.
 - Twenty-four hour Holter monitoring is a continuous test to record your heart's rate and rhythm for 24 hours. You wear the Holter monitor as you go about your normal daily routine.
 - Three sticky pads are placed on the chest area. The Holter monitor leads are then attached to the sticky pads connected to the Holter monitor, which is then worn for 24hours.
 - We request patient avoid applying body lotions or creams to the chest area on the day of the procedure.
 - Gentleman with hairy chest may also need to shave parts of the chest area in preparation for the procedure. (please see the diagram above).
 - The 24 hour Holter requires two double (AA) size batteries We request that patients purchase and bring theses batteries with them on the day of the procedure.
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