



Holter Monitor Instructions:

Your practitioner has ordered a holter monitor. This monitor will be worn for 24 or 48 hours and will monitor your heart rate and rhythm continuously. During this time all normal activities should be performed unless limited by your physician.

Preparation:

- Freshly showered
- Chest is free of oils or lotions
- Some chest hair may be removed for lead preparation on chest
- Chest will be roughed with an abrasive pad
- Wear loose fitting clothes, possibly a button down shirt
- **No showering or bathing is permitted during the time the monitor is being worn**