

Center for Cardiovascular Health

Holter Monitoring Test

Outpatient Guide

What to expect:

The purpose of this test is to record your heart rhythm for a duration of 24 - 48 hours to document any arrhythmias that might be causing symptomatic episodes (dizziness, heart racing, palpitations, etc.)

You will arrive in the Cardiology Lab and patches will be placed on your chest, similar to when you have an EKG. Next, the Holter monitor will be attached and placed in a position for you to wear for the recording period. A technician will instruct you how to keep a diary of your activities and symptoms (if any) to help with the correlation of any arrhythmias that might be noted during analysis.

How to prepare:

- Food: No limitations.
- Clothing: Wearing a shirt/blouse that buttons in the front typically accommodates the application and wearing of the Holter.
- Do not apply lotion to your skin the day of testing.

Medications:

- Some medications may interfere with achieving desired test results—please follow your physician's directions on which medications to take the day of testing. Unless otherwise directed, take all medications as prescribed by your physician.
- Please bring a list of all medications you currently take.

Approximate Test Time:

- 30 minutes

Where to go:

- Please check in on the 2nd floor of the **Lindeman Pavilion** (registration)

Date: _____ Check-in time: _____

After checking in, you will be instructed to proceed to the Cardiology Lab, which is located on the 3rd floor of the Lindeman Pavilion.

If you have any questions, a change in your health status, or cannot arrive at the scheduled check-in time, please call the Cardiology Lab at **(206) 223-6761**.

24-hour cancellation notice is very much appreciated.