



Consultants in Neurology
MidAmerica Neuroscience Research Foundation
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Holter Monitor-Patient Information

Your doctor has ordered for you to have a Holter Monitor. This is a portable device designed to provide a continuous electrocardiographic activity report for an extended period of time. The usual time is 24-48 hours.

Description:

This portable monitor is to be worn continuously for the period specified. It will be secured to your body through the Cardiology Department at the facility designated by your insurance company. You must record all activity and symptoms experienced by you during this monitoring period. The resulting recording of cardiac monitoring will be analyzed for abnormalities and correlation with events and/or activities.

1. You will need a “diary” to record events and activities.
2. The electrodes will be applied to skin free of hair, so you may have to have chest hairs shaved.
3. Bathing should be avoided. A sponge bath is okay. You should also avoid magnets, metal detectors, electric blankets and high voltage areas.
4. It is important to keep an accurate diary – this helps ensure a more accurate interpretation of the findings.