



Holter Monitor

To Schedule: (319) 861-7778

Questions about procedure: (319) 221-8500

What is a Holter Monitor?

A Holter monitor is a small device that records your heart beat even though you're not at your physician's office. The small monitor is an electrocardiogram (ECG) that records your heartbeat nonstop for at least 24 hours.

Why should I wear a Holter Monitor?

Your physician has ordered a Holter monitor because of some symptoms you are experiencing. The monitor is a good method of determining if your symptoms are related to your heart rhythm.

Preparation:

- There is no specific preparation needed for initiating use of the monitor. It is helpful to wear a shirt or blouse that buttons down the front and is easy to remove. It should also be loose enough to fit over the electrodes and monitor.
- Please bring photo ID.

Procedure:

You will wear a pocket-sized monitor with 5 pads (electrodes) applied to your chest. It's important that your skin is clean and dry.

You will need to keep the device on for 24 to 48 hours and complete a diary.

While wearing the monitor, follow these tips:

- Don't take a shower. A sponge bath is OK.
- Follow your normal routine. Don't avoid stress, work, or exercise.

Mercy's Non-Invasive Cardiology staff will instruct you on what to record in the diary and how to care for the monitor. Please bring a list of your current medications for the staff to review.

When you return the monitor simply bring it to Mercy's Non-Invasive Cardiology Department. After it is removed it will be scanned, interpreted and the report will be sent to your physician.

Location:

Mercy 8th and 8th Medical Park

788 8th Ave. SE

Level 4/Suite 400

Cedar Rapids, Iowa 52401

For questions, call (319) 221-8500 or (319) 221-8545

Your appointment date and time: _____