

Care Gram

Holter Monitor

Date of Test: _____ **Test Time:** _____

How the Test Works

A holter monitor gives a continuous recording of your heart rhythm while you are in your normal environment. The monitor is ordered to check for abnormal heart rhythms.

Allowing Time

The test time is for 24 to 48 hours while you are in your normal environment.

Preparation

- It is a good idea to wear a loose fitting shirt or blouse, buttoning in the front
- Do not wear lotion before or during the test

Registration

Please pick up the monitor at the Cardiology Department. It is located on the first floor of Licking Memorial Hospital. After the test, return the monitor to the same place.

During the Test Time

- Five small plastic tabs called electrodes will be placed on your chest
- The wires from the monitor are attached to the tabs. You can carry the monitor with you
- If you would like, you may have extra electrodes to take home in case an electrode comes off
- Do not take a bath or shower during the testing time, but you may take a sponge bath
- Continue taking all of your medications unless your doctor tells you otherwise
- You may continue doing your normal activities while you have the monitor

Finding Out the Results

In a week to 10 days, the results of the test will be sent to the doctor who ordered the test.

If you have any questions about your test, please call (740) 348-4292.

This Care Gram is for information purposes only. It may become out-of-date over time. Ask a doctor or a healthcare professional about your specific condition.



**Licking Memorial
Health Systems**

1320 West Main Street • Newark, OH 43055
(740) 348 - 4000 • www.LMHealth.org

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