

# Care Gram

## Holter Monitor

**Date of Test:** \_\_\_\_\_ **Test Time:** \_\_\_\_\_

### **How Does the Test Work?**

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.

### **How Long Does the Test Take?**

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

### **How Do I Prepare for the Test?**

- Wear a loose fitting shirt or blouse, buttoned in the front.
- Do not wear lotion before or during the test.
- You will receive an EKG if you have not had one within 2 weeks prior to your test.

### **How Do I Register for the Test?**

Please pick up the monitor at the Cardiology Department, located on the Licking Memorial Hospital Second Floor.

### **What Can I Expect During the Test?**

- Five small plastic tabs called electrodes will be placed on your chest.
- The wires from the monitor are attached to the tabs. You may wear the monitor around your neck or waist.
- 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.
- Continue taking all of your medications unless your doctor tells you otherwise.
- You may continue doing your normal activities while you have the monitor.

### **Why Is It Important to Fill Out My Diary Sheet?**

Your doctor will use your diary sheet to compare your symptoms with the recorded heart rhythm.

- Be sure to write down the TIME, ACTIVITY, and any SYMPTOMS that you feel on your diary sheet.

### **How Will I Know When My Holter Monitor Is Done Recording?**

Your technician will let you know when your holter monitor is done recording. You may then remove the wires, monitor, and electrode stickers.



**Licking Memorial  
Health Systems**

1320 West Main Street • Newark, Ohio 43055  
(220) 564-4000 • LMHealth.org

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Page 1 of 2

**How Do I Return My Holter Monitor?**

Return your holter monitor on the instructed return date so that your doctor will get your results in a timely fashion. Please bring your diary, wires, and holter monitor to the Cardiology Department receptionist window on the LMH Second Floor. The Cardiology Department is open Monday through Friday, from 8:00 a.m. to 5:00 p.m.

If you have any questions, please call (220) 564-4185. Ask to speak to the cardiology patient care technician.

**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 (220) 564-4185.