

# HOLTER MONITOR INSTRUCTIONS

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

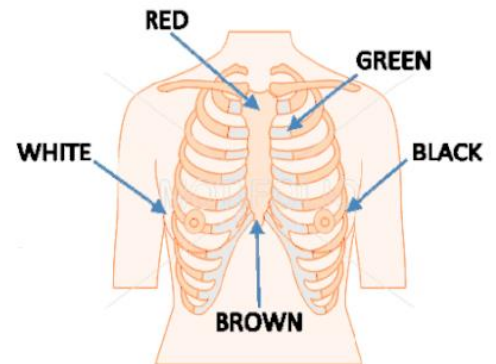
## THINGS TO REMEMBER WHILE WEARING THE MONITOR:

- Don't shower, swim, or get monitor/chest area wet.
- Don't use an electric blanket.
- Don't expose the monitor to extreme HOT or COLD temperatures.
- Don't expose the monitor to industrial "microwave" equipment.
- Don't remove the cable from the monitor or electrodes from your chest.
- Don't touch the patches or lay on your stomach while wearing the monitor.

## IF ELECTRODES OR WIRES FALL OFF:

Look at the picture here and see where the electrodes are properly placed. Press the electrodes firmly onto your skin so that there is no air space in between the skin and the gel cup on the electrode.

VERY IMPORTANT that the electrodes remain intact during the test. It's okay to apply extra tape to the electrodes but try not to tape across the snap where the leads attach. If the wires are accidentally pulled off, immediately snap them back onto the proper location noted on the picture.



## AT THE END OF THE HOLTER INSTRUCTIONS:

Once the monitor times out (00:00), it is safe to unsnap the lead wires. The electrodes can be peeled off then disposed of in the trash. You may want to apply a skin care product to soothe any skin irritations. Place the Holter monitor, lead wires, and Holter diary in a small bag and return to our clinic front window to drop off for further processing.

