

## 24 or 48 HOUR HOLTER MONITOR TEST

Patient: \_\_\_\_\_ Appointment Date: \_\_\_\_\_

Appointment Time: \_\_\_\_\_ am/pm

Location:           Cardiology 1<sup>st</sup> Floor Main Clinic  
                          1230 E Main St  
                          Mankato, MN 56001

### **Please check in at the Cardiovascular Medicine Department.**

The Mankato Clinic requires all patients, caregivers or essential companions to be screened and masked upon entering all of our locations. Please bring a mask with you to your next appointment. If you do not have a mask, one will be provided. If you are unable to keep your appointment or have questions, please call 507-389-8519 as soon as possible.

### **What is a Holter Monitor:**

This test records a patient's Electrocardiogram (ECG or EKG) for 24 to 48 hours while the patient undergoes their normal daily activities. It is used to detect rhythm abnormalities, medication effects, etc. This appointment takes approximately 30 minutes.

### **How do I prepare for the test:**

- Do not apply lotions, skin moisturizers or baby oil to your skin on the day of your appointment.
- Females: Please do not wear long line bras, one piece dresses, full slips or girdles.
- Please let clinic staff know if you have any allergies.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.

### **What will happen during the test:**

- You will be asked to undress from the waist up.
- Skin will be prepped by rubbing with a dry washcloth. Men will be shaved appropriately.
- Five disposable electrodes will be placed onto your chest.
- You will be asked to keep a diary of activities while wearing the monitor. When filling out the diary, use the clock that is in the display on the front of the monitor.
- You will be instructed not to get the monitor wet. No bathing, showering or swimming will be permitted while wearing the monitor.
- You will be able to unhook the monitor at home after the 24-48 hour testing period if you feel comfortable doing so. Otherwise you may return to the Cardiovascular Medicine Department to have it removed.
- If you have any questions while wearing this monitor, please call the Cardiovascular Stress Lab at 507-389-8618.

### **After the Exam:**

- Return the Holter Monitor to the Cardiovascular Medicine department.
- Your provider will share the results of your test with you at your follow-up appointment. If you do not have a follow-up appointment, your provider may contact you by letter. If not, you may contact your provider's office five to seven business days after your test to obtain results.
- You may resume your regular routine unless you have been given other instructions.