

HOLTER MONITOR INSTRUCTIONS

Patients who are scheduled for Cardiac Monitors (Holters and MOMEs) are asked to comply with the following instructions:

1. Please take a bath or shower **the day that your monitor is applied** – this will ensure that there is nothing on your skin that can interfere with the electrodes
2. Please do not put any oils, lotions, or powder on your chest or abdomen.
3. Please wear comfortable, two-piece clothing.
4. Please refrain from activities which will cause excessive sweating as the leads / electrodes may come loose or fall off
5. Please do not take a bath, shower, or swim while wearing the monitor
6. Please do not use an electric blanket while wearing the monitor
7. Please inform us if you have allergic reactions to latex and/or electrodes
8. Please note any symptoms while wearing the monitor
 - a. Please note the exact time, not a range of times such as “*from 3:15 -5:30*” or “*all during the night*”
 - b. Please write your activity down so we can see if the symptoms occur at rest or with exercise / exertion

HOLTER DIAGRAM

