



## Medical Clinic of Houston, L.L.P.

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*“The Sunset Clinic” - Established in 1968*

Non-Invasive Cardiology Services: 713-526-5511 x2601 Fax: 713-520-4784

### Holter Monitor

**Appointment Date :** \_\_\_\_\_ **Appointment Time:** \_\_\_\_\_

Your doctor has scheduled you to have a *Holter Monitor* to record your heart's activity during a 24-hour period. The monitor is a miniature electrocardiograph (EKG) machine, about the size of a pager. The information it provides will help your doctor understand how your heart functions during the course of the day. The monitor will be applied in the Non-Invasive Cardiology Services department at Medical Clinic of Houston.

#### Explanation of the Monitor

While wearing the Holter Monitor, please follow your regular daily routine. You will receive a diary to record any symptoms you have while wearing the monitor. Symptoms include: chest discomfort, shortness of breath, lightheadedness, dizziness, palpitations, or any other feeling out of the ordinary for you.

#### Care of the Monitor

1. **Do not get the device or lead wires wet;** do not bathe, shower, or swim while wearing it.
2. **Do not tamper with the monitor, electrodes, lead wires, or batteries.** Please keep the monitor in the pouch provided at all times.
3. Press the button marked **EVENT only** when a symptom occurs.
4. Please return the monitor on schedule so that the results get to your doctor promptly.

Should you have questions regarding the Holter Monitor, please call the Non-Invasive Cardiology department at 713-526-5511, ext. 2601 between the hours of 7:30 a.m. – 5:30 p.m., Monday thru Friday.

#### Preparation for the Monitor

1. You will need to undress from the waist up.
2. A technician will place the electrodes on your chest. For the clearest results, your chest will be lightly abraded. Men may need to have a portion of their chest hair shaved.
3. Paper tape will be applied over the electrodes to ensure good contact with the skin.

#### Results

Please allow a few days for the monitor to be analyzed and interpreted by a cardiologist. Your doctor will contact you with the results.