

Holter Monitor Instructions

Your exam is scheduled for: _____ a.m. / p.m.
Day Date

Please check in at: _____ a.m. / p.m.

- Park Nicollet Heart and Vascular Center
St. Louis Park
- Park Nicollet Clinic – Burnsville
- Park Nicollet Clinic – Chanhassen

About the exam

The Holter Monitor provides a 24-hour digital recording of your heart signals. It records every beat — normal or abnormal. This test differs from a standard electrocardiogram (ECG) that evaluates the functioning of your heart during a 12 second period. The holter test evaluates the functioning of your heart throughout a normal day. It can detect sporadic heart disturbances that may not occur in the doctor's office or hospital setting. The scan usually records more than 100,000 heartbeats.

During the exam

The monitor you will be wearing is about the size of a deck of cards and is usually worn on a belt around your waist. We will attach seven disposable electrodes to your chest. There will be lead wires going from the electrodes to the monitor. When you are dressed, portions of the cable, electrodes or monitor may be visible under your clothing.

- Follow your normal daily routine, but *do not take a bath or shower*. The equipment should not get wet.
- Do not open or tamper with the recorder in any way.
- Do not use an electric blanket — it will interfere with the tape signals.
- Avoid X-ray equipment and electromagnets.
- Write down the activities that we ask you to note in your test diary.

After the exam

Return the Holter Monitor *the next day* or at a time specified by the technician. (The limited number of Holter Monitors makes scheduling tight.) Your prompt return of the holter is appreciated.

Results

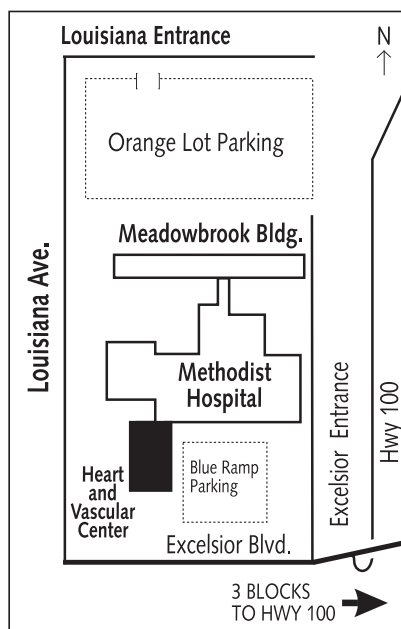
Please allow seven to 10 working days for your physician to notify you of the results.

continued on next page

Locations

Park Nicollet Heart and Vascular Center

3rd Floor
 6500 Excelsior Blvd.
 St. Louis Park, MN 55426
 (connected to Methodist Hospital)
 Appointments: 952-993-5305
 Questions: 952-993-3204



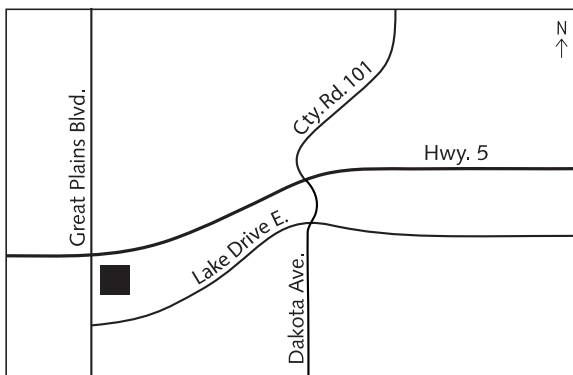
Park Nicollet Clinic—Burnsville

14000 Fairview Drive
 Burnsville, MN 55337
 (1st Floor, Family Medicine)
 952-993-8551 (Family Medicine)



Park Nicollet Clinic—Chanhassen

300 Lake Drive East
 Chanhassen, MN 55317
 (2nd Floor, Cardiology Department)
 952-993-4489 (Cardiology Nurse)



Park Nicollet