

Patient Instructions and Restrictions for Holter Monitoring (Ambulatory Electrocardiography)

Please allow 30 minutes in your schedule for this exam.

Holter monitoring is a cardiac diagnostic study that provides a continuous recording of the electrocardiographic activity of a patient's heart when the individual is engaged in ordinary activity.

On the day of the test, the patient will have a Holter monitor applied at the office by the technician. At that time instructions will be given to the patient, which include:

1. Normal activity is recommended during the 24 (or 48 hour) testing period.
2. No bath or shower allowed during the 24 (or 48 hour) testing period.
3. A diary will be sent home with the patient to document any symptoms that occur during the wear time of the Holter monitor.
4. Patient will return the device to the cardiology department as soon as possible after the 24 hour monitoring period. The ordering physician will review the Holter monitor recordings.

Your physician may order this study for the evaluation of the following indication(s):

Correlation of cardiac dysrhythmia with patient symptoms (Ex: Irregular heart rate, dizziness, unexplained falls, and shortness of breath, fainting spells, or chest pain.)

Questionable pacemaker malfunction.

Drug therapy for patients with known arrhythmia to determine response to medication (the need to change or adjust dosage).

To detect heart rhythm disorders.

Please notify North Cascade Cardiology, 24 hours in advance if a cancellation should arise. If you have any questions, please call.

As with all office visits, bring your insurance cards and your medications (or a current list with the daily dosages).