**WHAT IS IT?** A Holter monitor is a portable device that is worn for a duration of 24-48 hours as determined by your physician. The purpose of this monitor is to detect abnormal heart rhythms, evaluate effectiveness of heart medications, and rule out cardiac reasons for dizziness, palpitations, chest pain, or fainting. The Holter monitors every heartbeat for the duration of monitoring.

HOLTER MONITOR

**HOW DOES THIS TEST WORK?** When you arrive for your test the technologist will explain the procedure in detail, and answer any questions you may have. Five adhesive patches will be placed on the chest with wires attached, which are connected to a small recorder. This can be attached to your waistband. The monitor cannot be removed, and you will be unable to bathe, shower, or swim during the monitoring period. You will be given a diary to document any symptoms. At the end of the monitoring period you will return the monitor to us, along with the diary.



**PREPARING FOR YOUR TEST:**

* No fasting is required for this test.
* If you take medications, please do so as usual.
* Bring a list of current medications with you.
* Do not wear powder or lotion on the chest the day of your appointment.
* If possible, wear a button or zip up shirt to make placing the monitor easiest.

**WHERE DO I GO FOR MY TEST?** 1900 23rd St., Cuyahoga Falls, OH 44223. Come to Entrance 5 in the back of the hospital 15 minutes prior to your scheduled appointment time. Proceed to the **CARDIOVASCULAR** department for registration and testing. Please bring your order, photo ID, all insurance cards, and a list of medications you are currently taking.

**WHAT HAPPENS NEXT?** When the returned monitor is returned , a report will be generated and read by a cardiologist. The results will be sent to the ordering physician and PCP (if different than the ordering Dr.) within 48 hours; however, it may take additional time to be reviewed and scanned into your record once received by your doctor’s office, so we recommend allowing 4-5 days prior to contacting your doctor for results. If you would like a copy of your test results you can complete a ‘Release of Information’ request when you register for your test, and results will be mailed upon completion of the report.

Thank you for choosing Western Reserve Hospital for your healthcare. We look forward to serving you! Please contact the Cardiovascular Lab with any questions at (330) 971-7426. If you need to cancel your appt., please contact Central Scheduling at (330) 971-7496.

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