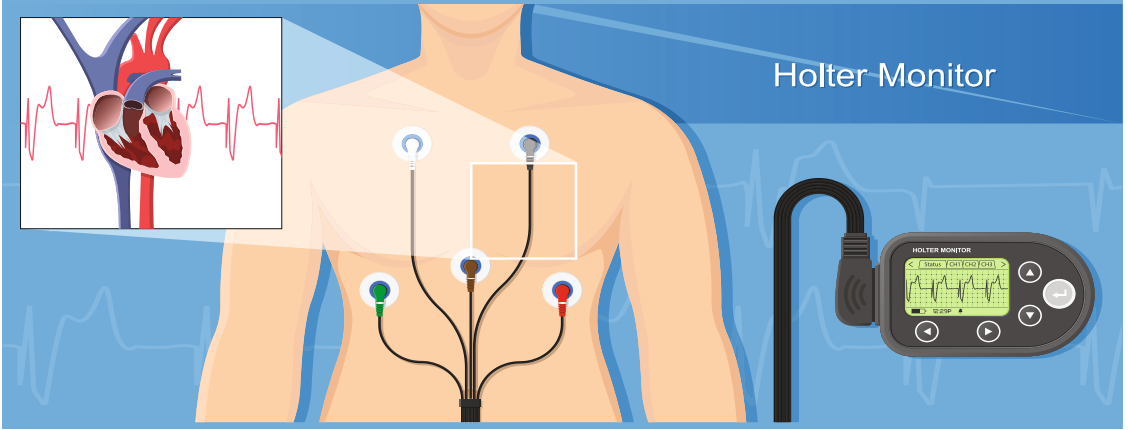


## HOLTER MONITORING

**A Holter monitor is a small, wearable, ambulatory electrocardiography device that keeps track of heart rhythms and records all heartbeats.**



1. Eat well before procedure.
2. For men, excessive chest hair must be shaved off to make sure the electrodes stick properly.
3. Usually recommended for a period of 24 to 48 hours. The procedure is painless and non-invasive.
4. You are settled comfortably in an area where your privacy is respected throughout the procedure.
5. The technologist applies gel on the chest area where the electrodes need to be fixed.
6. He / she will then place electrodes with plaster or adhesive that sense your heartbeat on your chest.
7. The technologist will then connect the electrodes to a recording device with several wires and will instruct you on how to properly wear the recording device so that it can record data transmitted from the electrodes.
8. Once monitoring begins, you must not take the Holter monitor off — you must wear it at all times, even while you sleep, you can carry out your usual daily activities though the monitor may feel slightly uncomfortable and prickly where the plaster is applied.
9. Wear Loose clothing and do not wet the Holter monitor.
10. Avoid metal detectors, magnets, microwave ovens, PET scans and X-rays while wearing a Holter because these devices can interrupt the signal from the electrodes. Keep cell phones at least 6 inches away from the monitor because these devices can interrupt the signal from the electrodes.
11. Once the monitoring period is over, you will have to come back to OPD, with a prior appointment, to have the electrodes removed.
12. Reports will be issued after 3 hours of detachment of the device at the reception.