

Your physician has requested that you wear a Holter Monitor for 24 hours to obtain a record of your heart's activity. Prior to your appointment:

- Do have a bath or shower
- Do wear a blouse or shirt that buttons down the front
- Women should wear a comfortable bra, no long-line or full slips
- DO NOT use lotions or talcum

While you are wearing the Holter Monitor, please continue with your normal activities WITH THE FOLLOWING EXCEPTIONS:

- DO NOT shower, bathe or swim.
- DO NOT use an electric blankets or an ark welder.
- DO NOT sleep on a waterbed when wearing the Holter monitor.
- DO NOT adjust the recorder, sensors, tape or cables.

Things to record in your diary:

- Record the time and the activity you are doing (e.g. walking, running, gardening, eating, sleeping, bowel movements, urinating, etc.)
- Record ANY symptoms such as pain, pressure, dizziness, shortness of breath, etc.
- Record when medications for heart or blood pressure are taken.