CARDIOVASCULAR MEDICINE PATIENT INSTRUCTIONS

7 DAY HOLTER MONITOR TEST

Patient: _____________________________________    Appointment Date: _________________

Arrival Time: _____________________ am/pm

Location: Cardiovascular Medicine Department at Mankato Clinic
1230 East Main Street, Mankato, MN  56001

Why am I wearing a Holter Monitor?

This test records a patient’s Electrocardiogram (ECG or EKG) for 7 days while the patient undergoes their normal daily activities. It is used to detect rhythm abnormalities, medication effects, etc.

Before your Exam:

- This procedure takes approximately 30 minutes.
- Do not apply lotions, skin moisturizers or baby oil to your skin on the day of your appointment.
- For Females: Please do not wear long line bras, one piece dresses, full slips or girdles.
- Please let clinic staff know if you have any allergies.

During the Exam:

- You will be asked to undress from the waist up.
- Skin will be prepped first by rubbing with a dry washcloth. Men will be shaved appropriately.
- Five disposable electrodes will be placed onto the patient’s chest.
- You will be asked to keep a diary of activities while wearing the monitor. When filling out the diary, use the clock that is in the display on the front of the monitor.
- You will be instructed not to get the monitor wet.
- Remove the monitor only long enough to shower or bathe.
- You will be able to unhook the monitor at home after the 7 day testing period if you feel comfortable doing so. Otherwise you may return to the Cardiovascular Medicine department to have it removed.
- If you have any questions while wearing this monitor, please call the Cardiovascular Stress Lab at 507-389-8618.

After the Exam:

- Return the Holter Monitor to the Cardiovascular Medicine department.
- The final signed report will be sent to the provider that ordered your test within five business days.
- You may resume your regular routine unless you have been given other instructions.

If you don’t have a follow up appointment scheduled and have not heard anything within a week, you have the right to call your provider’s department and inquire about the results.

If you are unable to keep your appointment or have questions about your exam, please call 507-389-8519.

Please check in at Central Registration prior to going to the Cardiovascular Medicine Department.