A Holter Monitor Test is a continuous recording of your heart’s rhythm for 24 or 48 hours, depending on your physician's order. This test will provide your physician with a record of how your heart reacts to situations during rest, activity, and stress while in your home environment. It is a relatively simple procedure that presents no undue risks to you.

**PREPARATION AND PROCEDURE**

No special preparation is needed for this test. No special clothing needs to be worn, however, the Holter EKG patches that will be placed on your upper chest may be visible if you are wearing a V-neck or lower cut shirt. Please know that the Holter monitor is not waterproof so showering or bathing during the time the device is worn is prohibited.

At the time of your scheduled appointment, a technician will connect you to a small, lightweight recorder. This is the size of a deck of cards, so it will not be easily visible. Seven monitoring electrodes will be placed on your upper chest area. These electrodes pick up your heart’s electrical signals and transfer them to the recorder. The setup takes 20 - 30 minutes. You will be instructed on the proper use and care of the recorder. You will also be asked to keep a log of your activities and told to push a marker on the recorder if you experience any symptoms.

The monitor will need to be returned to the Heart Institute immediately after the completion of your 24 or 48 hours. The technician will instruct you how to remove the monitor yourself and where to return it.

**YOUR PROCEDURE IS SCHEDULED FOR:**

Date:       ____/____/____
Arrival Time:  _____________
Procedure Time:  _____________

☐ Appleton Heart Institute  
First Floor Registration  
1818 N. Meade Street (enter from Glendale St.)  
Appleton, WI 54911  
731-8900 or (800) 236-8988

☐ Theda Clark Medical Center  
Outpatient Registration (first floor)  
130 Second Street  
Neenah, WI 54956  
(920)729-3100 or (800) 236-3122

☐ Other Location:  
__________________________________________________________________________  
__________________________________________________________________________

Revised August 2009