

<b>Patient Instructions</b>
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<b>24 Hour Holter Monitor Testing</b>
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Your health care provider has requested a 24 hour Holter Monitor test. In order to obtain a meaningful result, the recorder must be worn for up to 24 hours and the instructions must be followed.

An appointment is required. Contact the LifeLabs Appointment Desk at **1-855-412-4495**.

**Preparing for the procedure:**

1. Shower or bathe just prior to your appointment. Do not apply lotions or talcum to your skin.
2. Wear a blouse or shirt that buttons in the front.
  - If you wear a bra, choose a comfortable one as you will be asked to keep it on for the duration of the test.
  - For patients with chest hair, please note that it will be necessary to shave the areas where the sensors will be attached.
3. Bring the LifeLabs requisition with you to your appointment.
4. Bring a list of all your current prescribed medication.
5. If you have a pacemaker, bring a copy of your current settings or Pacemaker card
6. Bring a time piece (watch or mobile phone) to your appointment.

**Procedure:**

Please allow 30-45 minutes for your hook-up appointment. Disposable skin sensors will be attached to your chest and connected by wires to a small monitor, which will continuously record your heart's activity. The disconnect appointment usually takes about half an hour the day following the hookup appointment.

**Wearing the Holter Monitor:**

1. An activity diary will be provided which must be completed and returned.
2. Patients may experience irritation and occasionally marking of the skin where the sensors are attached.
3. Continue with your normal activities with the following exceptions:

**Do Not:**

- **shower, bathe, swim or get the monitor wet**
- use an electric blanket or an arc welder
- sleep on a waterbed, or use a pillow or mattress with magnets
- adjust the recorder, sensors, tape or cables

Note: It is very important to schedule your time accordingly to ensure that the monitor is returned to the same LifeLabs Patient Service Centre no later than 23 hours after the monitor was activated. If you are late, a late fee may apply.