

How to prepare for Holter Monitor setup appointment?

Patients need to ensure the appointment is booked for hook-up, and to bring the paper requisition provided by the HCP to the appointment. Patient Instructions:

- Shower or bathe just prior to appointment.
- DO NOT use talcum, lotions or perfumes.
- Wear a comfortable outfit, which opens in the front.
- Bring a list of all current medications.
- For patients with pacemakers, bring the pacemaker card with the latest setting.
- Patients should wear a comfortable bra, as they will be required to wear it during the entire recording duration.
- Men should be aware that shaving will be required to remove any chest hair where sensors are attached.
- Disconnect time -the device must be removed by a qualified LifeLabs professional.

How can patients ensure the Ambulatory Blood Pressure Monitoring test is effective and provides quality results?

This test is meant to measure blood pressure in a natural setting, as you perform normal activities. However, there are some steps patients can take to ensure the test is effective:

- Wear a short-sleeved shirt or blouse to the test.
- When the cuff is inflating and taking a reading, try to limit movement and sit down, if possible.
- The cuff should be at heart level, and avoid any arm movement during the reading for best results.

Note: Some individuals are sensitive to the pressure of the cuff inflating. This should be discussed with the healthcare provider when deciding if ABPM is right for you.