



Medical Clinic of Houston, L.L.P.

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www.mchllp.com

“The Sunset Clinic” - Established in 1968

Non-Invasive Cardiology Services: 713-526-5511 x2601 Fax: 713-520-4784

Holter Monitor

Appointment Date : _____ **Appointment Time:** _____

Your doctor has scheduled you to have a *Holter Monitor* to record your heart's activity during a 24-hour period. The monitor is a miniature electrocardiograph (EKG) machine, about the size of a pager. The information it provides will help your doctor understand how your heart functions during the course of the day. The monitor will be applied in the Non-Invasive Cardiology Services department at Medical Clinic of Houston.

Explanation of the Monitor

While wearing the Holter Monitor, please follow your regular daily routine. You will receive a diary to record any symptoms you have while wearing the monitor. Symptoms include: chest discomfort, shortness of breath, lightheadedness, dizziness, palpitations, or any other feeling out of the ordinary for you.

Care of the Monitor

1. **Do not get the device or lead wires wet;** do not bathe, shower, or swim while wearing it.
2. **Do not tamper with the monitor, electrodes, lead wires, or batteries.** Please keep the monitor in the pouch provided at all times.
3. These devices are used frequently so it is important that you return the monitor and all of its accessories as instructed by the technician.
4. If the device is not returned or the device is damaged, you will be charged a repair fee up to and including complete replacement of the device: \$2500.00.

Should you have questions regarding the Holter Monitor, please call the Non-Invasive Cardiology department at 713-526-5511, ext. 2601 between the hours of 7:30 a.m. – 5:00 p.m., Monday thru Friday.

Preparation for the Monitor

1. You will need to undress from the waist up.
2. A technician will place the electrodes on your chest. For the clearest results, your chest will be lightly abraded. Men may need to have a portion of their chest hair shaved.
3. Paper tape will be applied over the electrodes to ensure good contact with the skin.

Results

Please allow a few days for the monitor to be analyzed and interpreted by a cardiologist. Your doctor will contact you with the results.