

# Dean & St. Mary's Cardiac Center

Thank you for choosing St. Mary's for your health care. Our goal is to make your stay as pleasant and comfortable as possible. Valet parking is available at our main entrance on Brooks Street. This service is available from 5 a.m. to 10 p.m. daily. The valet attendant will park your vehicle and retrieve it when you are ready to leave.

## Holter Monitoring

<b>Be at _____,</b> <b>on: _____</b> <b>(day/date) (time)</b> <b>Call _____ if:</b> • You cannot make it to your test. • You have questions or concerns about your test.
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### What is it?

A Holter monitor is a device that continuously records your heart rhythm. The monitor is worn for 24 to 48 hours during routine activity. The monitor is carried in a small pouch worn around your neck. You will keep a diary to record daily activities and any symptoms.

### Why do you need Holter monitoring?

Holter monitoring is used to determine how the heart reacts during your activities. The monitor may also be used:

- ♥ When starting a new heart medicine.
- ♥ To diagnose heart rhythm problems.
- ♥ After a heart attack.
- ♥ When experiencing palpitations, fainting or dizziness.

### Day of your test:

- ♥ Bring all your medications including any over-the-counter medications, herbs, etc., that you are presently taking, in their original container. This will help update your records.
- ♥ Make sure you shower or bathe before your test. You will not be able to do so while wearing the monitor.
- ♥ Do not apply creams, oils or powder to your chest before the test.
- ♥ Wear loose, comfortable clothing.

- ♥ Bring your insurance cards with you.
- ♥ After you register, you will be sent to the Cardiac Services Department.

**During your test:**

- ♥ Small sticky patches will be placed on your chest and attached to the monitor. Hair may need to be removed to apply the patches.
- ♥ Tell the technician if you are allergic to any tape or other adhesives.
- ♥ The technician will review with you:
  - ♥ How the monitor works and how to note symptoms and activities in your diary.
  - ♥ When and where to return the monitor (24-48 hours later).
- ♥ If you need an X-ray, the monitor must be covered with a lead apron or possibly removed.
- ♥ The results will be reviewed by the Cardiologist and sent to the physician that ordered this test for you.

**Tobacco free campus**

**For your health, we are a tobacco-free facility and campus. Thank you for not smoking or using tobacco products on hospital grounds.**

Other resources available to you at: [www.stmarysmadison.com/cardiac](http://www.stmarysmadison.com/cardiac).

Then Click on “Patient Instructions”.