

MEDICAL ASSOCIATES OF NORTH GEORGIA

HOLTER MONITOR INSTRUCTIONS



What is Holter Monitoring?

Holter monitoring is a painless way to record your heartbeat away from the doctor's office. It is a small electrocardiogram that you carry with you and wear for 24 hours.

Holter monitors record your heartbeat for your doctor to review at a later time.

When you receive your monitor, small painless pads (referred to as "leads") are put on your chest. These connect to the lightweight unit, which attaches to a belt or shoulder strap. You need to keep the device on for at least 24 hours, as instructed.

While wearing the monitor, please observe the following:

- try to sleep on your back
- do not take a shower; sponge baths are ok.
- follow your normal routine – do not avoid stress, work, or exercise
- if one of the leads falls off or the unit makes noise, please call our office for further instructions

**Please call (770) 579-5535 with any questions.
Please return the monitor promptly, at your scheduled time.**