



PATIENT INSTRUCTION : 24-HOUR HOLTER MONITOR

NOTE: Mobile phones may be used, however, please ensure you do not carry mobile devices near the Holter monitor, as this may interfere with the reading. CT or MRI scans cannot be performed whilst wearing the Holter monitor. If you require further information, please contact the collection centre where you have booked an appointment.

PREPARATION

Your appointment is at: Collection centre: _____ Day: _____
Date: _____ Time: _____

Your return appointment is at: Collection centre: _____ Day: _____
Date: _____ Time: _____ T

The Holter monitor is to be worn for a period of 24 hours.

The device must not get wet. We advise that you shower prior to having the device fitted and avoid using body lotions, oils or powders. For your own comfort, we recommend you wear a loose-fitting shirt.

You will be require to fill out a daily dairy on your activity for the 24hrs period.