



Westchester
Health

HOLTER MONITORING

Name: _____

DOB: ____/____/____

Date of Test: ____/____/____

Time: ____:____ AM/PM

Patient Instructions:

A Holter monitor is a device that is worn for 24 to 48 hours and records a patient's heart rate and rhythm. The patient should keep a diary of their activities and symptoms during this period. You will be asked not to remove the monitor or shower during this 24 to 48 hour period.

It will take approximately 30 minutes to hook up the recorder and give you instructions. You will be notified at that time when to return the recorder (approximately 24-48 hours later). The ordering physician will be notified of the results. This physician will inform you of the results within 1 week.

If you need to reschedule the test or have any questions regarding these instructions, please call our office.