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## 24-Hour Holter Monitor Test

### Preparation

Please read all instructions carefully and follow them exactly as outlined below. Failure to do so may result in the cancellation of your test.

- ♥ Please refrain from using lotions and other oily substances that can interfere with contacts. Otherwise no preparation is necessary.

### Brief Description of Test

A Holter monitor is a device used to make a recording of your heart rhythm. You will be asked to keep a journal of your activities while you proceed about your normal life. After 24 hours, you will need to return to our office for monitor removal. The recorded results are downloaded into a computer, analyzed and given to your doctor for further review and evaluation. Once the monitor is in place, do not touch or adjust the contacts or monitor. Do not get the contacts or monitor wet and avoid using an electric blanket, heating pad or water bed.

*Please call our office with additional questions.*