



## **Ambulatory Rhythm Monitoring Instructions** **(Holter & Event Monitors)**

### **Preparing for the test:**

<b>Morning of appointment</b>	<ul style="list-style-type: none"><li>• Plan to bathe before your appointment</li><li>• <b>DO NOT</b> use any creams, lotions, ointments, oils, or powders over your <b>chest</b> the day of the test.</li><li>• Please bring a list of medications and/or actual bottles (including over the counter and herbal supplements). We need <b>complete</b> medication names &amp; dosages.</li></ul>
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### **Wearing the monitor:**

- Please shower as you would regularly
- **Wear the monitor at ALL times** (even when you sleep) as you continue your daily activities
  - **only LifeVest monitors** may be removed when bathing and resumed after bath
- Please avoid exercises or activities that make you sweat as this can cause the sensors to slide or fall off
- Return the device and the log or journal so that your cardiologist can analyze and discuss your results with you
- Avoid electronic devices like cell phones, electric toothbrushes, electric razors, etc. as much as possible. If you must use them, keep them at least **6 inches away** from the device.
- **DO NOT** be around metal detectors, magnets, microwave ovens, electric blankets, or any high voltage areas as they may interfere with the results
- Ask your cardiologist if you have any questions or concerns
- Please return the monitor on the date mentioned to avoid a **late fee**
- Once completed, Dr. Nalluri or Dr. Asti will discuss the results with you