

**Appointment Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**LOCATION: Aultman Main Hospital:** 2600 6<sup>th</sup> St. SW, Canton

**DEPARTMENT:** Heart and Vascular Center

## **SUMMARY OF THE EXAM**

A Holter monitor is done to check the rhythm of your heart. Sometimes the heart beats too fast or slow or has irregularities. The Holter monitor will record all of your heartbeats while you are wearing the monitor.

## **WHAT TO EXPECT**

You will have five sticky patches called electrodes placed on your chest. The patches will be attached to a small box (the monitor), and you will wear the monitor for a specified period of time. You will also be asked to keep an activity and symptom diary, which is used as part of the test.

After you have worn the monitor for the specified time, you will remove the sticky patches. This might be uncomfortable, like pulling off a Band-Aid.

You will be asked to bring your monitor back to Aultman and drop it off at the Heart and Vascular Center the morning your test is complete. Your test cannot be interpreted without the monitor returned.

## **GENERAL INSTRUCTIONS**

- Please bring a written order from your doctor to the exam.
- Please bring a complete list of all your medications.
- Please bring a driver's license or other photo ID.
- Please arrive five to 10 minutes prior to the scheduled exam time.
- Do not wear any lotion, powder or perfume on your chest. It is OK to wear deodorant.
- Please wear a button-down shirt or other loose shirt that can be easily removed for monitor placement.

**LENGTH OF EXAM:** Plan on spending about 30 minutes at the hospital

## **AFTER THE MONITOR IS ON:**

- You may take your medication and eat and drink.
- You are encouraged to continue your daily activities.

- You may not shower or take a tub bath. Do not get the monitor wet. You can wash up using a washcloth around the electrodes.
- Keep an accurate diary of your symptoms and activities as instructed.
- Remove the monitor as instructed and return it to Aultman Heart and Vascular Center on the day you remove it.

### **QUESTIONS PRIOR TO YOUR TEST**

Call 330-363-4229 weekdays between 8 a.m. and 4 p.m.

You should expect to receive the results of your exam at your next health care provider appointment (if scheduled) or within 10 days of your exam from the ordering physician. Please call your health care provider if you do not receive your results.

**SCHEDULING AND REGISTRATION:** Pre-registration is required for an accurate medical record and proper billing. You may be contacted by a patient access representative if we need any information. If you have questions or need to schedule or reschedule your exam, please call 330-363-6288 or 1-800-837-0440 Monday – Friday between 7 a.m. and 6 p.m. All exams require a written order from your physician.

### **HOSPITAL PARKING**

Free visitor parking is available in Lot 3 across from the Bedford Building. Enter from 6<sup>th</sup> Street. Valet parking is available at the 7<sup>th</sup> Street and Bedford Building entrances for a fee – or free if you are a handicapped motorist. Deck parking is available on 7<sup>th</sup> Street for a fee based on your length of stay.

### **DIRECTIONS TO THE DEPARTMENT (MAIN HOSPITAL)**

Heart and Vascular Center (Lot 3 parking is the closest parking) is located on the first floor of the Bedford Building. After entering the Bedford lobby, turn to your right and enter the Heart and Vascular Center.