

Holter Monitor Usage Instructions

Dear [Patient's Name],

Thank you for your upcoming Holter monitoring appointment. Below are the instructions for using the Holter monitor:

Before the Test

- Wear comfortable clothing for the duration of the monitoring.
- Please avoid using lotions, creams, or oils on your chest area.
- List any medications you are currently taking for our review.

During the Test

- The monitor will be attached to your chest using small electrodes.
- Carry the monitor in a pouch or pocket as instructed.
- Keep a diary of your activities and any symptoms experienced.

After the Test

- Return to our office with the monitor at the scheduled time.
- Do not shower or bathe while wearing the Holter monitor.
- Follow any further instructions given by the healthcare provider.

If you have any questions or concerns, please do not hesitate to contact our office at [Office Phone Number].

Thank you,

[Your Name]

[Your Title]

[Your Clinic Name]

[Your Clinic Address]