

## Patient Instructions:

A Holter Monitor is a device that is worn for 24 – 48 hours and records your heart rate and rhythm. You should keep a diary of your activities and symptoms during this period. You will be asked not to remove the monitor or shower during this 24 – 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). Your physician will be notified of the results.

If you need to reschedule your appointment, please call 904.202.3111. If you have any questions about your test or your test instructions, please call the physician's office that referred you for the test.