

HOLTER MONITOR INSTRUCTIONS

- 1. Patient needs to shower or bathe before monitor is placed.**
- 2. Patient must not use lotions or oils on chest or abdominal area the day of placement**
- 3. Patient is advised to do their normal, everyday activities so as to get an accurate reading of their heart rate. If the leads come loose, they can be replaced with more tape.**
- 4. Patient is advised not to do anything to get monitor wet, this includes showering, bathing, swimming, getting a hot tub or Jacuzzi, or any other type of water activities.**
- 5. The monitor must be returned to our office the day after placement, no exceptions. We have a limited supply of them and scheduling is set according to return times. If you do not return it, we cannot place it on another patient, therefore disrupting everyone's schedule. It is a very expensive piece of equipment and if not returned, will be considered as stolen property and the proper steps will be taken to ensure its return.**
- 6. If you have any questions or concerns, please call our office at 803-532-8155**
- 7. If your appointment needs to be rescheduled or cancelled, it must be done so 48 hours prior to appointment to avoid a \$75 charge being placed on your account.**