



## Holter Monitoring Studies

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

**Place:** \_\_\_\_\_

Your Holter Monitoring Study is performed at the Cardiovascular Diagnostic Center and is available at both campuses of Centro Médico ABC: Observatorio and Santa Fe

### What is a Holter Monitoring Study?

- A Holter monitor is a portable device that continuously records the electrical activity and rhythm of the heart for 24 or 48 hours, depending on your physician's instructions.
- This study allows continuous monitoring of your heart while you perform your normal daily activities, without interfering with your routine.
- Holter monitoring is commonly requested as a complement to an electrocardiogram (ECG) when symptoms such as the following are present:
  - ✓ Chest pain
  - ✓ Dizziness
  - ✓ Palpitations
  - ✓ Fainting sensations
  - ✓ Heart rhythm abnormalities
- It may also be used to evaluate your response to certain cardiovascular treatments.

### During the Study:

- The device must be worn continuously for the time indicated by your physician, either 24 or 48 hours.
- It is important to keep a record of your daily activities, as well as any symptoms or discomfort you may experience, such as:
  - ✓ Pain
  - ✓ Dizziness
  - ✓ Palpitations
  - ✓ Shortness of breath
  - ✓ Unusual sensations or discomfort
- Do not disconnect the electrodes while using the device.
- The monitor may be worn during your regular daily activities, including while sleeping.

### Recommendations Before Your Study:

- Bring your **medical prescription/order** to your appointment.
- Please arrive showered and avoid applying cream, lotion, powder, and/or perfume on the chest area.
- Wear comfortable two-piece clothing to facilitate electrode placement.
- In some cases, it may be necessary to shave a small area of the chest to ensure proper placement of the sensors (electrodes).

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### Important Recommendations:

- Preferably maintain a distance of approximately 10 to 15 cm (4 to 6 inches) from electronic devices such as cell phones or microwave ovens.
- While wearing the Holter monitor, you will not be able to undergo:
  - ✓ X-rays
  - ✓ CT scans
  - ✓ MRI scans
  - ✓ Nuclear medicine studies
  - ✓ Water immersion activities
- The device must be worn at all times, including while sleeping.
- Do not disconnect the electrodes.
- If any electrode becomes detached, please contact us for guidance.

### Additional Information:

- Your physician at Centro Médico ABC will explain how the device works and answer any questions regarding its use.
- The Holter monitor does not pose health risks when used properly. The study is painless, although some patients may experience mild skin irritation when the electrodes are removed.

For questions, preparation instructions, or additional information, **please contact the Cardiovascular Diagnostic Center directly.**

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### Cardiovascular Center

**Monday to Friday**      **Saturdays and holidays**  
7:00 A.M. to 8:00 P.M.    7:00 A.M. to 2:00 P.M.

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