

• **48-hour Holter Monitor Study**

During the 48-hour Holter Monitor Studies, adhesive electrodes are placed on your chest to be worn for 24 hours to monitor your heart rhythm.

Please plan 30 minutes for set up time.

Preparing for this procedure

- Please plan 30 minutes for set up time.
- Wear loose fitting top.
- No showers or baths while undergoing test.
- Do not use electric blankets while undergoing test.

What to expect after this procedure

- Come back the next day for removal of electrodes.

Contact us

If you have any questions about the test you have been scheduled for, please call Portage Health's Cardiopulmonary Services department at 483-1458 from 7 a.m. to 4 p.m. Monday through Friday.