



# HOLTER MONITORING 24 HOURS



PLEASE SCAN FOR  
THE LOCATION

## Aster HOSPITAL

We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

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### DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition  
Dental Centre • Dermatology • ENT • General Surgery • Insurance  
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology  
Obstetrics & Gynaecology • Orthopedics • Patient Affairs

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DIGITAL VERSION

## 24 HOURS HOLTER MONITORING

• A Holter monitor is a small, wearable ambulatory electrocardiography device that record your heart rhythm & rate for next 24 - 48 hours.

### PRE-PROCEDURE

1. Continue normal activities while wearing the monitor. Don't avoid stress, work , or exercise
2. You may wear a loose-fitting blouse or shirt avoid wearing jewelry or clothes with metal buttons or buckles because these can interfere with the recording.
3. You must keep the monitor close to the body .
4. When sleeping try to stay on your back with the recorded carefully positioned at your side so that the electrodes are not pulled off.
5. Don't take shower
6. Advise stay away from magnets, metal detector , high voltage areas and electric equipment.
7. Make your own diary (your routine activity you did while machine was attached with you)
8. Please check also the machine if still working . if not. Just call and inform to us.

9. Do not take the monitor off until the time you are instructed to do so
10. Do not try to remove the flash card or battery from the monitor
11. Please come back to the hospital at appointment date and timing. For removing and reporting of Holter.

### AFTER PROCEDURE

1. Removal of Holter
2. Report is usually finalized within 3-5 working days. And patient is called back for the appointment for the consultation.

