



HOSPITAL BRITANICO

HOLTER

A study that monitors the electrical heart activity for a set period of time (usually 24 hours), with a portable device that you take home.

It allows you to do normal life, all kinds of usual activities except showering and will retire the next day.

It is not necessary to stop medication, only if your doctor indicates it.

Preparation:

- It is recommended to shower before placement.
- You can wear your usual clothes.
- When the equipment is placed in your body, you will be given the Activity Diary, in which you must write down the activities that are carried out while you are having the monitor on. Should also include time, type, and duration of symptoms if (present), as well as your sleep schedule.

Men: attend the appointment with shaved chest to ensure adhesion of the electrodes.

