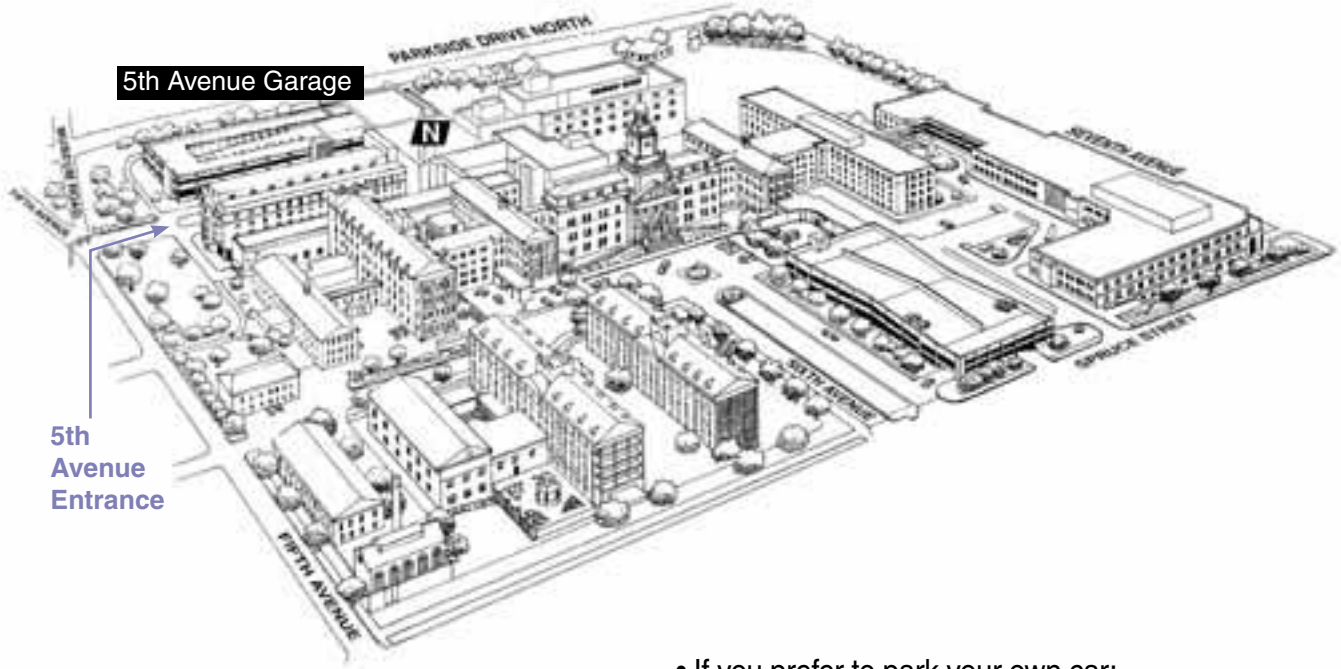



## Directions

The Reading Hospital Regional Heart Center is located on the first floor of N-Building at our West Reading campus. You access N-Building from 5th Avenue at the traffic light; this driveway is marked with a large green sign that indicates parking for the 5th Avenue Garage, as well as the entrances for N-Building and R-Building.

### Parking & Entrance

- You will be given a Regional Heart Center parking tag in advance of your appointment. Please hang this tag from your rearview mirror.
- Use the 5th Avenue entrance to our West Reading campus.
- For FREE valet parking, patient drop-off, or assistance, follow the driveway straight back and beneath the building to the valet station. The station will be marked in blue; our valets wear blue shirts.
- If you prefer to park your own car:
  - make the 1st left turn into the 5th Avenue Garage.
  - proceed up one level.
  - use reserved parking spaces marked with red Regional Heart Center symbols that match the symbol on your parking tag.
  - enter through the double glass doors on the left to the Regional Heart Center.
  - follow the hallway straight ahead and turn right at the brick wall.
  - take the next left turn into the registration area for the Regional Heart Center.

**The Reading Hospital**
**Regional Heart Center**
PO Box 16052
Reading, PA 19612-6052

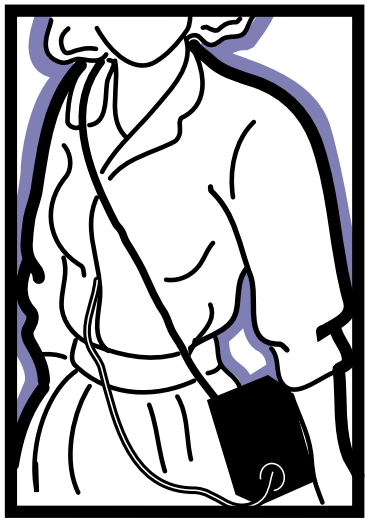
Located at: Sixth Avenue and Spruce Street,
West Reading, Pennsylvania

Visit our website
**www.readinghospital.org**

4-4182 Revised 2.06

You are scheduled for _____

# Holter Monitoring



date: _____

time: _____

report to: Regional Heart Center
N-Building, 1st Floor

**The Reading Hospital**
**Regional Heart Center**

Your physician has scheduled you for holter monitoring in order to study your heart. This brochure explains holter monitoring, so you know what to expect.

## ABOUT HOLTER MONITORS

The holter monitor is a small tape recorder specifically designed to record your heart rhythm while you follow your daily routine for 24 hours. It can be worn on your belt or carried with a shoulder strap.

You will be connected to the monitor at the Hospital, wear it at home for 24 hours, and then return it to the Hospital.

## PREPARATION

On the day of your test:

- You may eat and drink as normal.
- Please take your scheduled medications unless your physician tells you otherwise.
- PLEASE BRING A LIST OF YOUR MEDICATIONS WITH YOU.
- Wear a two-piece outfit with a shirt or blouse that opens in the front; this makes it easier to attach the monitor's patches to your chest.
- Please allow 10 to 15 minutes for this procedure.

## REGISTRATION

When you arrive at the Regional Heart Center, please check in at the registration desk. You will verify personal and health benefits data, and then will be asked for your current list of medications.

After you are registered, you will be escorted to the holter monitoring area.

**A note to inpatients: while you are hospitalized, your nurse will guide you through all preparations. The nurse will also return the monitor at the end of the 24 hours.**

## PROCEDURE

A technologist will attach a cable with five or seven patches to your chest, and then connect it to the holter monitor. You can either attach this special tape recorder to your belt, or the shoulder strap we give you.

The technologist will also give you a diary in which to record your activities while on the monitor and any symptoms that may occur. You will also be told when you can remove the patches.

You are now free to leave the Hospital. It is important that you follow your normal routine, as the purpose of this test is to see how your heart responds to different levels of activity.

Please keep the patches and monitor dry. This means no showers or swimming.

After 24 hours, remove the patches.

## RETURNING THE MONITOR

The monitor, wires, and diary should be returned to the Registration Desk at the Regional Heart Center when the 24 hours are over.

## FOLLOW-UP

The results of this study will be sent to your personal physician, who will discuss the findings with you at your next appointment.

**If you have any questions, or need to cancel your appointment, please call 610-988-8052.**