



242 Green Street  
Gardner, MA 01440  
978-632-3420  
[www.heywood.org](http://www.heywood.org)

## **PATIENT INSTRUCTIONS FOR HOLTER MONITOR SETUP**

DURATION OF EXAM: 20 MINUTES  
PATIENT SCHEDULING: 978-630-5070  
QUESTIONS ABOUT TEST: 978-630-6222

EXAM DATE AND TIME: \_\_\_\_\_

HEART CENTER IS LOCATED ON THE 2nd FLOOR.

### **INSTRUCTIONS:**

- ◆ Bring a list of medications with you.
- ◆ Wear comfortable, loose fitting clothes.
- ◆ The monitor will be applied at the appointment and you must return in 24 hours to have it removed.

To pre-register for your appointment, call Patient Scheduling at least 2 days before your scheduled appointment at 978-630-5070. Pre-registration will allow you to report directly to the Heart Center the day of your appointment.

Please arrive 15 minutes prior to your exam.

Thank you.