

# HOLTER MONITOR

Please check one:  24 Hour or  48 hours

Your doctor has requested that you have a 24 or 48 hour HOLTER MONITOR. at Mitchell County Regional Health Center. **Please call 641-732-6000 and ask for the charge nurse and she will let you know if one of the Holter monitors is available for you or will schedule a day and time for you.**

## What is a Holter Monitor?

Holter monitoring is a painless way to record your heartbeat. It is a small electrocardiogram that you carry with you. The Holter monitor records your heartbeat for your doctor to review at a later time.

## Before your test

1. Please call charge nurse and schedule a time to pick up the Holter monitor as stated above.
2. There is no prep for this test and you do not need to restrict food or fluids before this test.
3. You need to present to the Patient Registration area that is located in the front lobby of the hospital and inform staff you need to have a Holter monitor placed. *If it is the weekend, please come to the back emergency room entrance.* The charge nurse will be notified and you will have the monitor placed at that time. You must be available to return in 24 or 48 hours to have the Holter monitor taken off.
4. Be sure to bring your insurance cards and identification with you.

## While wearing the Holter monitor

1. Try to sleep on your back.
2. Do not take a shower. A sponge bath is okay.
3. Follow your normal routine. Do not avoid stress, work, or exercise.
4. If an electrode falls off or you have any questions, please call 641-732-6000 and ask for the charge nurse.

## After your test is completed in 24 or 48 hours

1. Please return to Mitchell County Regional Health Center 24 or 48 hours after the application of the device, again, reporting to the patient registration area. The charge nurse will be notified of your arrival and will remove the device at that time. *If it is the weekend, please come to the back emergency room entrance.*
2. Results will be forwarded to the ordering physician. The physician or their staff will let you know your results.

09-2008 T: Specialty Clinic:Holter-pulse ox teaching sheet

If you have any questions or would like more information contact us at:



Specialty Clinic  
616 North Eighth Street  
Osage, Iowa 50461-1498  
Phone: (641) 732-6090  
Fax: (641) 732-6033  
[mitchellcohospital-clinics.com](http://mitchellcohospital-clinics.com)

# OVERNIGHT PULSE OXIMETRY

Your doctor has requested that you have an OVERNIGHT PULSE OXIMETRY.

**Please call 641-732-6000 and ask for the charge nurse and she will let you know if the oximetry is available for you or will schedule a day and time for you.**

## What is an Overnight Pulse Oximetry?

This is a simple method of measuring the amount of oxygen in your blood. It consists of a finger probe that clips onto your finger.

## Before your test

1. Please call charge nurse and schedule a time to pick up oximetry machine as stated above.
2. There is no prep for this test and you do not need to restrict food or fluids before this test.
3. On the day agreed upon for your test, please present to Patient Registration located in the front lobby of the hospital to register. *If it is the weekend, please come to the back emergency room entrance.*
4. Be sure to bring your insurance cards and identification with you.
5. The charge nurse will be notified of your arrival and will give you the pulse oximetry machine and instruct you on its use.

## During your test

The pulse oximetry probe is clipped to your finger before you go to bed at night.

## After your test

1. In the morning, you may remove the probe from your finger.
2. Return the pulse oximetry equipment to the patient registration area.
3. Your test results will be forwarded to the ordering physician. The physician or his staff will notify you of the results.

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