



## 24 HOUR HOLTER MONITOR INSTRUCTION SHEET

### NON-INVASIVE CARDIAC LAB

6109 W. Ramsey St.  
Banning, Ca 92220  
(951) 845-0313 x 7116  
2<sup>nd</sup> Floor Specialty Care Center

### INSTRUCTIONS FOR 24 HOUR HOLTER/ 30 DAY EVENT / ECHO

- ▶ Please wear a 2-piece outfit (do not wear a 1-piece dress or jump suit).
- ▶ You will be required to return the morning of the following day for the removal of the 24 hour Holter Monitor.
- ▶ Take all your medications unless otherwise instructed by your physician.
- ▶ If unable keep your appointment, please calls us to reschedule prior to your scheduled appointment time.
- ▶ The appointment duration is approximately 30-45 minutes.

### YOUR SCHEDULED APPOINTMENT IS:

Day \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_

### Directions to the Beaver Medical Group in Banning

#### From I-10 driving East or West:

Exit 1-10 at Highland Springs Ave and head North to Ramsey St.  
Turn right on Ramsey St.  
Clinic located on the left