

ECG, long-term monitoring for 24 h

You have an appointment for a Holter monitoring test at HUSLAB Myyrmäki. If the appointment is not suitable for you, you can reschedule by calling HUSLAB's customer service number: 09 471 86800 Mon–Fri 7:30 a.m.–3:30 p.m.

Date and time: ___/___/20___ at ___.___

Preparing for the examination

As the test requires electrodes to be attached to your chest, it is best not to wear a shirt with a low-cut neckline or a very tight shirt. The referring physician will instruct you on your medication. Generally, you can continue with your usual medication even during the ECG monitoring period.

General information about the test

The monitoring device is a small portable device that you can wear on your waist or on a shoulder strap. Seven disposable ECG electrodes will be attached to your chest with wires going into the monitoring device. During the monitoring period, you will keep a diary of what you did during the day, when you take your medication, and your symptoms. It is especially important to write down what you were doing when you experienced symptoms.

You must keep the device dry. Try to keep to your normal routine as much as possible during the monitoring.

It will take about 30 minutes to set up the device. You can remove the device at home when the monitoring ends. It is extremely important that you return the device to the examination unit as soon as possible after your monitoring ends.

Test results

Your attending physician will inform you of the results. Please contact the unit responsible for your care if you do not already have a scheduled appointment or a phone consultation with your doctor.

Myyrmäki laboratory, Virtatalo, Rajatorpantie 8, 01600 Vantaa

Please bring the invitation letter with you. You will be called in by name.