

SEVEN DAY HOLTER MONITOR/MCT TEST

Patient: _____ Appointment Date: _____

Appointment Time: _____ am/pm

Location: Cardiovascular Medicine 1st floor at Mankato Clinic
1230 East Main Street Mankato, MN 56001
Please enter the Mankato Clinic front door (marked #50)

Please check in at the Cardiovascular Medicine Department.

The Mankato Clinic is requiring masking only for patients over the age of 2 that are feeling ill. If you are unable to keep your appointment or have questions, please call 507-389-8519 as soon as possible.

What is a Holter Monitor/MCT test:

A 7-day Holter monitor and a 7-day mobile cardiac telemetry (MCT) device both monitor your heart's electrical activity for a week while you go about your daily routine. They help detect irregular heart rhythms. During your appointment, which lasts around 30 minutes, the device will be set up for you to wear comfortably. The main difference is that MCT is monitored in real-time by trained professionals, allowing for timelier detection of arrhythmias. Both tests offer the same duration of monitoring.

How do I prepare for the test:

- Do not apply lotions, skin moisturizers or baby oil to your skin on the day of your appointment.
- Please do not wear long line bras/bralettes, dresses, one piece attire, full slips or girdles.
- Please let clinic staff know if you have any allergies.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.

What will happen during the test:

- You will be asked to undress from the waist up.
- Skin will be prepped first by rubbing with a dry washcloth. You will be shaved appropriately.
- Five disposable electrodes will be placed onto the patient's chest.
- You will be asked to keep a diary of activities while wearing the monitor. Staff will review specific instructions based on the monitor at your appointment.
- You will be instructed not to get the monitor wet.
- Remove the monitor only long enough to shower or bathe.
- You will unhook the monitor at home after the seven-day testing period if you feel comfortable doing so. Otherwise, you may return to the Cardiovascular Medicine department to have it removed.
- If you have any questions while wearing this monitor, please call the Cardiovascular Stress Lab at 507-389-8618.

Instructions for after your exam:

- Return the Holter Monitor to the Cardiovascular Medicine department.
- Your provider will share the results of your test with you at your follow-up appointment. If you do not have a follow-up appointment, your provider may contact you by phone call or letter. If not, you may contact your provider's office seven to ten business days after your test to obtain results.
- You may resume your regular routine unless you have been given other instructions.