

## Instructions for 7-Day Holter Monitoring Test

Venue: National University Heart Centre, Singapore (NUHCS) Level 3  
Diagnostic Cardiac Laboratory @ L3  
NUH Main Building  
5 Lower Kent Ridge Road, S119074

### Appointment Details:

Please check your appointment details on the NUHS app. You will also be receiving an SMS reminder 3 days before the appointment date.



### Points to note:

1. On the day of your appointment for the fitting of the 7-Day Holter Monitoring Test, come in loose fitting clothing. Ladies are advised to come in a 2-piece attire (top and bottom).
2. Once the appointment is over and the Holter recorder is fitted, you can carry on with your usual activities that you would normally do in a day, except vigorous physical activities, swimming, or engaging in activities that may soak the equipment.
3. You may take a quick shower (lasting 10 – 15 minutes). Avoid applying soap to the areas with the device and patch electrode. Instead, simply rinse these areas with water. After showering, please pat dry these areas with a dry towel.
4. Do avoid upper body massage.
5. Do avoid undergoing diagnostic tests such as X-rays, Magnetic Resonance Imaging (MRI), or Computed Tomography (CT) scans during the Holter test period.
6. The medical technologist fitting your Holter recorder will provide you with a diary sheet to record your activities and any symptoms you may experience during the test.
7. The Holter recorder will have to be returned to the NUHCS Diagnostic Cardiac Laboratory @ L3 **seven days later** so that the device can be removed and connected to the computer for data transfer and analysis.

Note: A Medical Certificate (MC) will not be issued for this test, as patients are advised to carry out their usual activities.

## Directions to the NUHCS Diagnostic Cardiac Laboratory @ L3

1. Proceed to the lift lobby of NUHCS after entering the NUH Main Building.



2. Take the glass lift to level 3 and turn left to the **Diagnostic Cardiac Lab @ L3, F03-01.**

