How To Prep For A Holter Monitor

Noise on the ECG is the enemy and can be very frustrating. A clean connection is crucial in order to be able to get a scan that will be of diagnostic value. Here are a few tips on how to do a proper prep so that the ECG recording will be clean.

1. Using a razor or clipper, remove all hair from the area where the electrode patches will be placed.
2. Wipe the areas with an alcohol prep pad to remove natural skin oils that will interfere with the adhesive and the conductive gel on the electrodes.
3. Apply the electrodes to the anatomically correct EASI positions.
4. Attached the lead wires to the appropriate electrodes according to the EASI Lead Placement diagram.
5. Place a piece of medical tape over the lead and electrode for additional security. This can minimize noise dramatically as the patient moves about their daily activities.
6. Connect the leads to the Holter monitor and move through all channels to assure that all channels have a clean connection. Sometimes the signal will be slightly noisy at first, but will become cleaner within minutes as the conductive gel makes contact with the patient's skin.

Perhaps one of the most important components, if not the most important, to obtaining a great quality Holter scan is to have an excellent hookup.