The Procedure
The heart monitor is connected to you with a cable and five or seven patches that stick to your chest. You can either attach this special monitor to your belt or use the shoulder strap we provide.

You will get a diary to record your actions and any symptoms you have while the monitor is in place. We will tell you the date and time the monitor may be removed.

During the test, follow your normal routine. The purpose of this test is to see how your heart responds to different levels of activity. Please keep the patches and monitor dry. DO NOT take a shower or go swimming.

Returning the Monitor
Return the monitor, wires, and diary to the location where you received the monitor within 24 hours of removal.

Follow-Up
The results of the test are sent to your doctor who will discuss the findings with you at your next appointment.

Questions
If you have any questions, or need to cancel your appointment, please call 484-628-8611.

Date: ________________________________
Time: ________________________________

Important Telephone Numbers

Billing Office 484-628-5820
- Call if you have any questions about your bill.

Patient Advocate 484-628-8663
- Let us know how you felt about your experience at Miller Regional Heart Center.

Emergency Department 484-628-3637
- Call if you cannot reach your doctor and you experience fast or irregular heartbeat or chest tightness.
- Call 9-1-1 if you have a life-threatening emergency.

You Are Scheduled for Holter Monitoring
What Is a Holter Monitor?
The holter monitor is a device that will record your heart rhythm for 24 or 48 hours while you follow your daily routine.

Holter Monitoring Locations
Miller Regional Heart Center
Reading Hospital
420 S. 5th Avenue
West Reading, PA 19611

Miller Regional Heart Center
Cardiac Testing
1320 Broadcasting Road, Suite 100
Wyomissing, PA 19610

Miller Regional Heart Center
Cardiac Testing
31 Industrial Drive, Suite 150
Hamburg, PA 19526

When the study is complete, return the monitor to the testing center where you had it applied.

Day of Procedure
- Eat and drink as normal.
- Take any medicine that your doctor told you to take.
- Follow any other instructions your doctor gives you.
- Wear a two-piece outfit with a shirt or blouse that opens in the front. This makes it easier to attach the monitor patches to your chest.

What to Bring
- Legal form of photo identification, such as a driver’s license.
- Health plan identification cards.
- Referral forms, if required by your health plan.
- A list of allergies you have to food, drugs, or latex.
- A list of ALL of your current medications. This includes drugs prescribed by your doctor and any other medicines you take. This may include over-the-counter medicines, herbal remedies, vitamins, supplements, and diet pills. Tell us the exact name of the medicine, the strength, the dose you take, and how often you take it. This information is on the label of all prescription drugs and other medications.

Checking In – Reading Hospital
Directions: The Miller Regional Heart Center at Reading Hospital is located on the 1st floor of N-Building at our West Reading campus. You can access N-Building from 5th Avenue at the traffic light. This driveway is marked with a large sign that indicates parking for the 5th Avenue Parking Garage.

Parking: For FREE valet parking, patient drop-off, or assistance, follow the driveway to the valet station. The station will be marked in blue. Our valets wear blue shirts.

If you prefer to park your own car: Instead of going straight to the valet station, make the first left into the 5th Avenue Garage. Proceed up one level. Park in ANY “Reserved Parking - Patients Only” parking spot.

Entrance: Our Valet will direct you to the Security Desk. A Security Officer will help you find the Miller Regional Heart Center registration. If parked on your own, look for the Miller Regional Heart Center entrance which connects with level 1 of the garage. Check in at the Security Desk. Our Security Officer will point you to the Miller Regional Heart Center registration.

Checking In – Broadcasting Road
Parking: Park in the lot by the main entrance to the building.

Entrance: Miller Regional Heart Center Cardiac Testing is on the first floor, Suite 100.

Checking In – Hamburg
Parking: Park in the lot by the main entrance to the building.

Entrance: Miller Regional Heart Center Cardiac Testing is on the first floor, Suite 150.

Check in: Check in with the front desk when you arrive. You will verify personal and health plan information.

Family: Your family can wait for you in the waiting area.