



San Patricio
Heart Institute

Patient Clothing & Care Instructions

24-Hour Holter Monitor & Vascular Ultrasound Studies

1. Vascular Ultrasound Study (Dopplers Arterial or Venous)

To ensure your vascular ultrasound study can be performed properly and comfortably, please follow these clothing instructions:

- Comfortable, loose fitting, easily removable clothing is recommended.
- To ensure patient comfort, do NOT wear jumpsuits or one-piece dresses for lower extremity exams.
- For lower extremity exams you will need to expose one lower extremity at a time up to the groin area for proper imaging.

2. 24-Hour Holter Monitor Placement

To allow proper placement and function of the Holter monitor, please follow these instructions:

- Wear loose-fitting clothing that allows easy access to the chest for electrode placement.
- Men should shave their chest prior to the appointment to ensure proper electrode contact.
- The Holter monitor must NOT get wet (no showering, bathing, or swimming).
- Please be careful to avoid dropping the monitor, as it can be damaged if it falls to the ground.
- Wear comfortable clothing that will allow you to carry the monitor securely for 24 hours.
- All patients must sign a responsibility agreement prior to taking the Holter monitor with them.