

Holter Monitor

What is Holter Monitoring?

- Holter monitoring is a continuous, twenty-four hour electrocardiographic (ECG) recording of the heart's rhythm.
- Electrodes are placed on the chest area with the leads attached to a small recorder.
- The patient will keep a 24-hour diary to record daily activities and any symptoms experienced.
- It will take 15 minutes to have the monitor put on.
- The patient will return the next day to have the monitor removed.
- This test must be ordered by a doctor.

Why is Holter Monitoring Done?

- This test will help the doctor evaluate the type and amount of irregular heart beats during regular activities, exercise and sleep.

What Can be Expected After the Monitor is Put on?

- Once the monitor is in place, do not touch or adjust the electrodes or the monitor.
- Do not get the electrodes or the monitor wet.
- Do not have X-rays taken while wearing the holter monitor.
- Avoid using an electric blanket, heating pad or water bed while wearing the monitor.
- The patient must record daily activities and any symptoms he experiences in the daily diary provided. This will help the doctor make a more accurate evaluation.

What Preparation is Needed?

- Do not apply creams, oils, or powder to your chest before the test.
- Wear loose, comfortable clothing.