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## Holter Monitor

### What is Holter Monitoring?

A Holter Monitor is a device that continuously records the heart's rhythms. The monitor is typically worn for approximately 24, 48, 72 hours or in some cases 14 days, during normal activity.

### How is the test performed?

Electrodes (small conducting stickers) are placed on your chest and attached to a small battery-operated recording monitor, about the size of a cell phone. You carry the monitor on a clip attached to your waist and it records your heart's electrical activity.

You will be asked to keep a diary of activities you do while wearing the monitor as well as any symptoms you may feel.

After your scheduled time, you will return the monitor to our office.

A cardiologist (heart doctor) will look at the records and see if there have been any abnormal rhythms. It is very important that you keep an accurate note of your symptoms and activities so the doctor can match them with your reading.

Continue your normal activities while wearing the monitor.

Please avoid:

- Electric blankets
- High-voltage areas
- Magnets
- Metal detectors
- **Note:** you may be asked to remove the device if you are going for other testing such as an MRI, CT scan, or X-ray

This monitor **cannot get wet**. Do not bathe, shower, or swim while wearing the monitor. This device is sensitive, and must not be tampered with.



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### **How should I prepare for the test?**

There is no special preparation for the test. A technologist will start the monitor and provide you with all instructions. You'll be given some materials to replace any loose electrodes.

Please tell the technologist if you are allergic to tape or adhesives. Shower or bathe prior to your appointment as you will not be able to do so while wearing the Holter monitor.

### **How will the test feel?**

This test is painless, however some people require chest shaving so the electrodes can stick. You will be wearing the monitor all through the night, so it may take some adjustment in sleeping position.

### **Why did my doctor ask for this test?**

Your doctor may be using this test to diagnose:

- Atrial fibrillation or flutter
- Multifocal atrial tachycardia
- Palpitations
- Paroxysmal supraventricular tachycardia
- Reasons for fainting
- Slow heart rate (bradycardia)
- Ventricular tachycardia

It may also be used:

- After a heart attack or stroke
- To diagnose heart rhythm problems
- When starting a new heart medicine