

What is a Holter Monitor?

A Holter monitor will record your heart rate and rhythm while the monitor is worn. It is used to detect abnormal heart rhythms which may be occurring when you experience symptoms (such as shortness of breath, palpitations / irregular heart beats, dizziness, fainting etc.). It will also check the effectiveness of medication or implanted devices, like a pacemaker.

How is the Holter Monitor procedure done?

- Your skin will be prepared for the application of adhesive electrodes; which may include cleaning the skin, light sanding and shaving of hair.
- Before the monitor is attached, a resting electrocardiogram (ECG) will be performed. This will involve 10 electrodes and wires being placed on your chest, arms and legs to record the electrical activity of your heart. This is used as a baseline to your heart's normal rate and rhythm.
- 6 electrodes will be applied to areas on the chest, to which the Holter monitor leads will then be attached.
- The monitor is about the size of a mobile phone and is worn on a supplied velcro belt around your waist. All attaching leads and electrodes are hidden under your clothing.
- The procedure will take approximately 15-20 minutes. The technician will provide you with all the information necessary while fitting the monitor. The monitor should be removed at home the following day and returned to the Heart Centre reception desk at a specified time (the technician will advise you of the return time when you have the monitor fitted).
- Please continue your usual activity whilst wearing the monitor.

How do I prepare for the test?

- For your comfort, we recommend you shower before attending your appointment, as you will not be allowed to shower, bath, swim or perform any activity which may get the monitor wet.
- Do not use any lotions or powders on your chest area.
- Please wear a two piece outfit with a loose fitting shirt / top.
- Do not sleep with an electric blanket turned on.

When will I receive my results?

The results of the test will not be available for approximately **3 business days after the monitor is removed**. This is because the recordings need to be analysed by a technician, reported on by one of our Cardiologists and the report typed. The results will be sent to your referring doctor for discussion. *If you have an appointment with your doctor prior to this time, please advise reception staff and the technician who fits the monitor.*

What do I need to bring to my appointment?

- Your **referral** from your GP or referring specialist (if it is not already held by us).
- A list of your current medications and dosages
- Any previous x-rays or test results relating to your current condition