

# Holter Monitoring



## Test Type:

- 24 hour Holter Monitor
- 48 hour Holter Monitor
- Loop Recorder

## What will happen during a Holter Monitor application?

The test consists of placing electrodes to your chest in 7 places (2 places for a loop recorder). In preparation for the placing of the electrodes, it will be necessary for the technologist to shave any chest hair off in the area of the electrode placement. The electrodes will then be attached by wires (leads) to a recorder.

Please shower or bathe before you come as you will not be able to bathe with the monitor on. We ask that you wear a loose fitting top.

You will go home and wear these monitors for approximately 24 to 48 hours or longer depending on the monitor ordered by your physician.



You will be required to keep a log or diary of the activities and to push an event button on the recorder if you experience any symptoms. This will be explained by the technologist.

You will remove the monitor yourself in the morning on the day it is to be returned. You will be asked to return to the Holter Lab to drop off the monitor and log/diary no later than 7:30 am as this monitor will be booked for the next patient that morning and will need to be downloaded and cleaned.

## What is a Holter Monitor?

A holter monitor is a portable device that measures and digitally records your heart activity for 24 to 48 hours or longer depending on the monitor used.

If you are having a blood pressure monitor applied, you will be required to wear a blood pressure cuff that will be programmed to take your blood pressure at preset intervals for 24 hours.

If you are having a loop recorder, you wear this for up to 14 days. You will be taught to remove and re-apply it for bathing or showering.

It usually takes approximately 15-30 minutes to explain and place the monitor.

## What will happen after the Holter Monitor is returned?

The Cardiologist will send the report to your physician. The results will be given to you by your physician