

# Holter Monitoring

## 1. What is a Holter Monitor?

A Holter monitor is a small, wearable device that continually records your heart rhythm for 24 hours. The recorder is portable and can be worn on a strap around your neck. It is especially useful in diagnosing abnormal heart rhythms.

## 2. Why is it done?

- To gather information if you have signs and symptoms of a heart problem, such as an irregular heartbeat (arrhythmia).
- To assess recurrent symptoms such as dizziness, palpitations, or fainting spells.
- To evaluate how well certain medications are working.

## 3. What to expect when I arrive?

- You should bathe before this appointment, because once your monitoring begins, you can not get the recorder wet or remove it to bathe.
- You will check in at the Heart Center.
- The technician or nurse will review your health history and answer any questions.
- Bring a list of current medications including over-the-counter and herbal medications.
- Wear loose-fitting clothes.
- It takes about 15 - 20 minutes to apply the monitor.

## 4. How is this test done?

- Several areas on your chest will be prepped for electrode (sticky patches) placement.

- Men may need to have some hair on the chest removed with electric clippers.
- The electrodes will be attached to your chest and connected by wires to the recorder.
- It's very important that all electrodes remain attached for the entire recording period.
- The Holter Monitor will be placed in a carrying case that you can wear around your neck.
- The technician or nurse will check the system to make sure it is working properly before you go home.

## 5. What to expect while wearing the monitor:

- Holter monitoring is painless and noninvasive.
- While you wear a Holter Monitor, you can carry out your usual daily activities.
- You will be given a diary to write down any symptoms you may have during the recording period.

## 6. Keeping a diary:

- The diary is very important. It will enable the nurse to relate your activities and symptoms with the ECG recording.
- The information you will need to enter in the diary may include the following:
  - a. symptoms you experience (such as palpitations, dizziness, passing out, shortness of breath, or chest discomfort etc).
  - b. your activity at that moment (walking, sitting, eating, sleeping etc).
  - c. the exact time at which these events occurred.
- Only write in the diary if you experience symptoms.

### 7. After 24 hours:

- Remove the monitor and electrodes.
- Please return the monitor and diary to the Heart Center.

### 8. Your test results:

- Your monitor is scanned by a nurse and analyzed by a computer. The printed report and diary events are reviewed by a cardiologist.
- The information obtained from Holter Monitoring helps your doctor develop a treatment plan that is best for you.



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