

Holter Monitor



A Holter monitor is used to record the heart beat continuously for a 24 hour period and is attached to a series of sticky dots which are positioned across the chest, attached to a small portable recorder. Recording for 24 hours provides the opportunity to obtain more information about your heart rhythm, which can assist with diagnosis and treatment.

What do I expect of the test?

- This test is performed in the Diagnostic Cardiology Department, Clinic C- Level 1 of the Bendigo Hospital
- An ECG is usually performed when you first arrive. A series of sticky dots (electrodes) are positioned across the chest, connected to leads and attached to a small, portable monitor
- Monitors are fitted by a Cardiac Technologist and fitting takes 20 minutes.

Why do I need a Holter Monitor?

- Holter monitoring is used to investigate symptoms such as palpitations, fainting and dizziness. Monitoring your heart rate and rhythm over a 24 hour period, provides the Cardiology department with more information about how your heart rate and rhythm changes over the course of a day.

Important information:

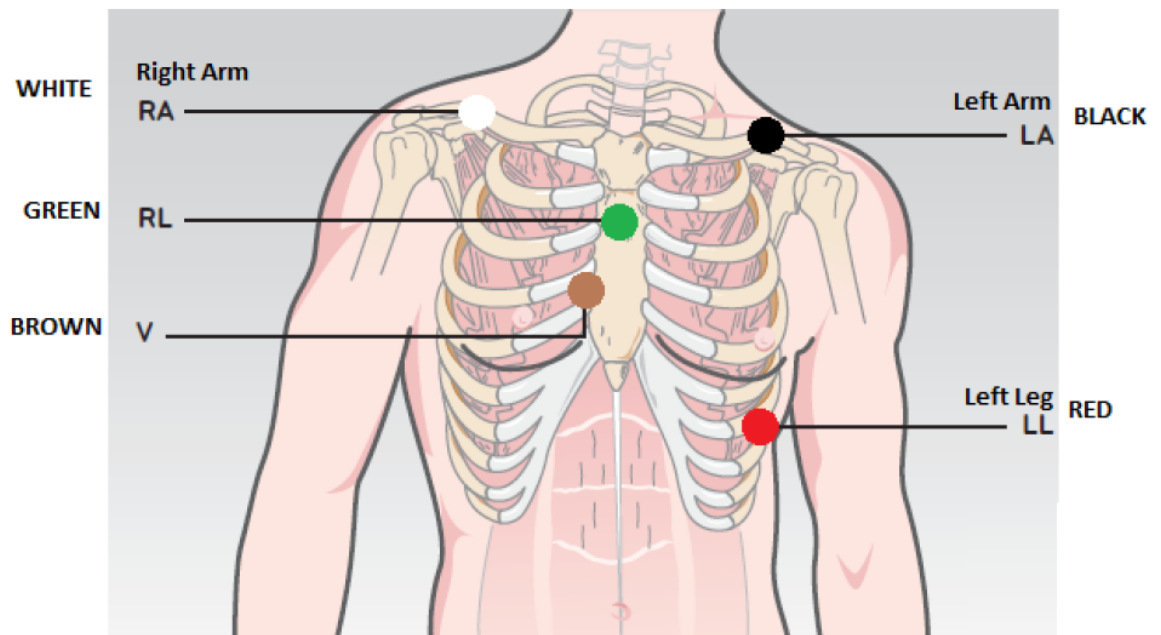
Preparation: wearing a button up shirt or a two piece outfit (shirt and pants) is preferable.

During the 24 hr holter monitoring:

- Carry out your normal daily routine
- **Do NOT** open the cover or the recorder. **Do NOT** tug on the electrodes or leads. **Avoid** scratching at the electrodes
- During the 24 hour monitoring period the equipment **must** stay connected to the body including while you are sleeping
- The monitor **is not** waterproof so you **are not able to shower, bathe or swim** during the 24 hours
- Avoid electric blankets, and use or close proximity of electrical power tools (these can cause electrical interference). Phones, computers and TVs will not cause interference

- Press  button on the monitor if you experience any symptoms such as dizziness, shortness of breath or palpitations. Make a note of this in your patient diary (attached). Also record in your diary, any strenuous physical activity.
- Please note: if any of the monitor dots or electrodes become dislodged during the recording time, please replace them as per the diagram below.

Electrode Placement (AHA colors)



After the 24 hour monitoring:

- You will be instructed to remove the monitor after 24 hours. Gently remove the tape and monitor dots from the monitor. **Please dispose of the sticky dots and tape.**
- **It is most important to return the monitor at the time arranged as we only have a limited number of monitors. If it is returned late, someone else's appointment will have to be cancelled.**
- **The monitor, leads and diary must be returned to the Information Desk, at the Ground floor of the Bendigo Hospital (enter from Mercy Street Entrance).**

When does my Doctor get my result?

A report with the results of your test will be written and sent to your referring doctor 3-4 working days from your test date.

If you have any further questions or concerns about your Holter monitor, please discuss with your GP or phone the [Diagnostic Cardiology Department on 5454 8017](tel:54548017)

HOLTER MONITOR DIARY

DATE: _____

BED- time	
WAKE- time	

MEDICATION	DATE/ TIME

[illegible]

Return this diary with your Holter monitor

References:

- MonashHeart.org.au - Heartfoundation.org.au - bendigohealth.org.au

Patient notes:

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The information in this brochure is for educational purposes only and is not intended as a substitute for consultation with a doctor or health care professional.