

HOLTER MONITOR

PATIENT INFORMATION SHEET

WHAT IS A HOLTER MONITOR?

A Holter Monitor is a continuous ECG recording of your heart rhythm over a period, usually 24 hours, but sometimes for longer.

An electrocardiogram (ECG) records the electrical activity of the heart.

The ECG test is painless and does not involve the use of needles in any way.

The ECG machine records electrical impulses coming from your body – it does NOT put any electricity into your body.

BEFORE YOU ATTEND?

- Please shower the night before or on the morning of your appointment, as you will be unable to shower or swim while the Monitor is attached.
- Please do not cream or powder your body as this makes it difficult for the electrodes to stick to the skin and it affects the tracing.
- Wear loose fitting upper clothing.
- Please remove any magnetic underlays from your bed or pillows with magnets attached.
- Please turn electric blankets off and unplug from the power socket before getting into bed as this affects the recording.

APPLYING AND WEARING THE HOLTER MONITOR?

An ECG needs to be performed prior to the application of the Holter Monitor (during the same appointment), as a baseline recording. This will take about 5 – 10 minutes to do.

Applying the monitor:

5 small sticky electrodes are stuck on to your chest.

The leads from the Holter machine are then connected to the electrodes.

The machine detects the electrical impulses that occur at each heartbeat and records them onto its computer.

You will be given a "Holter diary" to record activities and any symptoms that happen while wearing the monitor. It is important to be as accurate as possible with these notes as it helps the Cardiologist to match it with any changes in the patterns of your heart.

You will need to return to the surgery to have it removed.

The results of your Holter recordings are electronically sent for interpretation to the Australian Cardiac Diagnostic Services, who then send the final report to your GP.

THINGS TO KNOW:

- ***To stick the electrodes onto your chest, you will need to remove all your upper clothing, including t-shirts, singlets, jumpers, jackets, and bras.***
- ***You may need to have your chest hair shaved or skin cleaned so the electrodes will stick properly to your skin.***
- ***To stick the electrodes onto your ankles for the ECG, you will need to roll down long socks or remove tights and stockings.***
- ***The Holter Monitor is a small sensitive computer. If you damage it, you may be responsible for the cost of repair or replacement up to \$5,000.00.***

