

## Holter Monitoring

### What is a Holter Monitor ?

Holter monitoring is a non-invasive portable system used to make a continuous recording of the electrical activity of your heart (your ECG). The monitor is usually worn for 24 or 48 hours and records your heart rate and rhythm while you go about your usual daily activities. This test is very useful in helping to diagnose abnormal heart rhythms, to evaluate the effectiveness of medications and pacemakers, or to match symptoms such as dizziness, palpitations or fainting with heart activity. The monitor itself is a small portable recorder that is worn on a strap. Several electrodes (sticky patches) are placed on your chest and connected by wires to the recorder.

### What should I do before the test ?

1. Wear a loose fitting blouse or shirt, with the buttons in the front.
2. Do not use lotions or bath oil on your skin. This will prevent the electrodes from sticking on your skin for 24 hours.
3. There are no dietary restrictions.
4. Ask your physician if you are to take your medication as ordered.

### What do I need to do and what can I expect during the test ?

1. Several small areas of your chest are prepared for the electrodes. This involves cleaning the skin with alcohol and lightly rubbing the areas with an abrasive pad to ensure good electrode contact. Men may need to have the areas of the chest shaved.
2. The wires are clipped onto the electrodes and an electrode is placed at each site on your chest. The wires are also secured to the electrodes by tape. **Please inform the nurse if you are allergic to cloth or paper tape.**
3. The wires and cables are connected to the Holter recorder,. The nurse will then check the system to ensure it is working properly. The Holter recorder is then placed into a pouch and worn on a shoulder strap or belt.
4. You can do anything you would normally do, except take a bath or shower while the monitor is on. Do not get the electrodes, wires, or recorder wet.
5. You will be provided with a diary, you will be asked to record your symptoms in the diary including the time that they occurred, associated circumstances and activity. The diary is very important, because it enables the doctor to correlate your activities and symptoms with the ECG tracing. **DON'T FORGET TO BRING THE DIARY BACK WHEN YOU RETURN THE RECORDER!**

6. If you do not experience any symptoms during the monitoring period, please return the diary with a note indicating "no symptoms."
7. You will be asked to remove the monitor at a specified time and to discard used as well as unused electrodes.
8. The equipment should be removed by hand ONLY. Scissors and other sharp tools should not be used to remove gauze or tape. Such tools should not be used near any parts of the equipment.
9. When your test is completed place the equipment in a clean bag and return it to our office, York Clinical Cardiology, 9401 Jane Street, Unit 117 by the specified time.
10. The data will be analyzed by a qualified technologist, the information reviewed by your cardiologist, and a report generated. Your cardiologist or referring doctor will go over the results with you.
11. The information gained will help your cardiologist to make an accurate diagnosis and develop a treatment plan for you.