



Holter Monitor

Name: _____

HOLTER MONITOR

The following information is a brief description of the Holter Monitor Test. If you have any questions after reading this information, please speak with your nurse.

WHAT IS A HOLTER MONITOR?

- The Holter Monitor is a battery-operated 24 hour electrocardiogram tape recording.

WHY IS THIS TEST DONE?

- Your doctor has ordered this test in order to evaluate your heart rate and rhythm during a full day of your activities.

WHAT PREPARATION IS NEEDED?

- No special preparation is needed for this test.
- Escort personnel will take you to the Non-Invasive Cardiology Department, Tisch Hospital, 2nd Floor where the monitor will be attached to you.
- Once you arrive in the Department, the technician will "prep" or clean 5 spots on your chest. Chest hair will be shaved so the "sticky patches" or electrodes will stay attached to your skin. The diagram shows you where these are placed on your chest.
- These electrodes are attached to the recorder which is a small box about the size of a "walkman" tape player weighing a little over 1 pound.



Holter Monitor

WHAT HAPPENS DURING THE TEST?

- This recorder will be worn outside your clothes for the next 24 hours. You will be given a choice of a shoulder strap or a belt to wear to hold it.
- After you are attached to the recorder you will be given a small diary. If you have any of the symptoms that brought you to the hospital (*especially dizziness, palpitations, shortness of breath or chest pain*), you must push the black button on the recorder and write the symptom and time in the diary. You will be shown how to do this. When you push the black button the time of day is marked on the tape.
- After the monitor is put on and you understand how to push the button you will return to your room with the diary.
- Each time you experience any of the discomforts that brought you to the hospital, push the black button. Record the time and any discomfort in the diary. **In addition, it is very important that you tell your nurse about any discomfort that you have at the time you experience it.**
- If you are unable to write in the diary, the nurse will do it for you.
- The recorder is a delicate instrument.
- Do not get the electrodes or recorder wet. In addition, do not tamper with it.
- If you have any problems with either the electrodes or recorder, tell your nurse.
- During the 24 hour period you are wearing the Holter monitor, there are no restrictions expect for bathing. Do not get the recorder wet.



Holter Monitor

WHAT HAPPENS AFTER THE PROCEDURE?

- The electrodes will be removed 20 to 24 hours after they were applied.
- The recorder and diary are sent back to EKG department where the tape will be scanned and interpreted by a cardiologist (heart specialist).
- The formal results will be available to your doctor in a few days.

This is only a supplementary outline of the procedure. A more thorough discussion will be provided by your physician.

SPECIAL INSTRUCTIONS OR QUESTIONS
