

## Holter Monitoring

### **What is it?**

Also known as an ambulatory ECG monitor, a Holter monitor records your heart rhythm for an entire 24 or 48 hour period. Wires from electrodes on your chest go to a battery-operated device carried in your pocket or worn on a belt. While you are wearing the monitor, you may need to keep a diary of your symptoms. Your symptoms will be compared with the ECG recording to help determine what is triggering your symptoms.

### **What to Expect Before the Test**

There is no need for fasting or any other special preparation.

You should bathe before your appointment because once your monitoring begins you cannot get the monitor wet or remove the monitor to bathe.

Make sure that you aren't wearing any body lotion or baby powder on your chest to ensure optimal results.

### **What to Expect During the Test**

The technologist will place electrodes that sense your heartbeat on your chest. These electrodes are about the size of a silver dollar. For men, a small amount of hair may be shaved to make sure the electrodes stick.

The electrodes will be connected to a recorder, which will be strapped around your waist. You will wear it continuously for 24/48 hours as requested by your physician. Please do not remove the electrodes on your own during the recording.

Once your monitor is fitted and you've received instruction on how to wear it and when to return, you can leave the office and resume all of your normal activities.

### **What to Expect After the Test**

Once your monitoring period is over, you will go back to the department to have the monitor removed. A technologist will remove the electrodes from your chest, which may cause some discomfort similar to an adhesive bandage being pulled off of your skin.

The recorded results will be analyzed. The results will be sent to your family physician within 2 weeks. Depending on the results, further testing or treatment may be advised.