



Holter Monitor

PATIENT INFORMATION SHEET

A Holter monitor is a battery-operated portable device that continuously records your heart's electrical activity (ECG or electrocardiogram) for 24 to 48 hours and sometimes for 7 days.

You may need a Holter monitor if your doctor thinks there could be a problem with your heart rate or rhythm.

A Holter monitor may be indicated if you are experiencing symptoms like

- dizziness
- palpitations
- irregular heart beats
- fainting
- shortness of breath
- chest pain/tightness

Preparation

Bath or shower before your appointment as you will not be able to have a shower whilst the monitor is attached (it is not waterproof).

Avoid using body lotion as it will affect adhesion of electrodes to your skin.

Wear a loose shirt/blouse which will allow the device to be worn more comfortably and discretely.

Continue taking your usual medication unless you are told otherwise by your doctor.

Continue with your normal activities of daily living including exercise (except activities that involve water).

You will be asked to keep a diary of any symptoms you may experience during the recording period.

Procedure

Electrodes or ECG dots will be placed at specific areas on your chest.

Certain areas of your chest maybe shaved and cleaned to ensure good contact and to minimise artefact.

We use hypoallergenic electrodes although some patients may still get mild skin irritation from the electrodes. If you experience mild skin irritation, you can apply calamine lotion and/or liberal amounts of Sorbolene cream once the electrodes are removed

Results

Once you return your Holter monitor, it will be analysed and a full report will then be generated. It may take 2-3 days for the results to be finalised. You are advised to arrange a follow up appointment with your Cardiologist or they may call you to convey the results with you. If the request was made by your GP, a report will be sent to them and you should arrange a follow up appointment with them.

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