



WHAT IS A HOLTER MONITOR ?

A Holter monitor is a continuous tape recording of a patient's EKG for 24 hours or 48 hours. Since it can be worn during the patient's regular daily activities, it helps the physician correlate symptoms of dizziness, fainting, palpitations and chest pain. The recording covers 24 hours and 10 minutes, on a continuous basis. Holter Monitoring is much more likely to detect an abnormal heart rhythm when compared to the EKG which lasts less than a minute. For the best results patients should avoid close proximity to heavy electrical equipment or other sources of electromagnetic interference such as electric blankets and heating pads.

HOW IS THE TEST PERFORMED ?

The chest is cleansed with an alcohol solution to ensure good attachment of the sticky ECG electrodes. Men with a hairy chest may require small areas to be shaved. The ECG electrodes are applied to the chest. Thin wires are then used to connect the electrodes to a small recorder. The recorder is secured to the patient's belt or will be placed in the patient's pocket. To avoid damaging the equipment by getting it wet, patients are asked not to shower for the 24 hour period that the monitor is on. A diary will be provided when the monitor is hooked up. The diary should only be written in to document activities, medications and any symptoms. Time, activity and symptom should be documented so that the ECG can be referenced at the time the symptom occurred. Holter monitors must be returned at the 24 hour mark, back to the office so that other patients can utilize the equipment.

PATIENT INSTRUCTIONS:

- Follow your normal daily routine.
- Keep an accurate diary. Indicate activities such as walking, running, sleeping, emotional stress, eating, etc.
- List any symptom you may experience such as pain (specify location), shortness of breath, dizziness and be sure to indicate what you were doing and the time.
- Keep the recorder dry and do not try to open it. Opening the recorder or getting it wet will destroy the data collected.
- If any of the leads come undone place it back according to the diagram that was provided to you.
- Upon completion of the recording, return the recorder and your patient diary.
 - *Do not remove any of the leads*
 - *Do not get the monitor wet*
 - *Do not remove the batteries from the unit*
 - *Do not swim, shower or bathe during the monitoring*

Patient must bring back the Holter Monitor the next day, NO EXCEPTIONS.