

What is a Holter Monitor Test?

A Holter Monitor is a small device that takes a constant record of your heart's rhythm for a period of time. We will apply the Holter Monitor at our clinic and then you will wear it at home. During this time, you will carry on with your normal routine. While you are wearing the monitor, you will need to write down what you are doing and how you are feeling. This record will help your doctor know how your heart responds.

How do I prepare for the test?

- Wear a loose fitting top or button front shirt. Sensors are placed high on your chest or neck area. You may want to have a scarf or high necked top to cover the sensors.
- Shower before you come. You will not be able to shower, bathe, or swim until the monitor is removed.
- No lotions, body oils, powder or scented products are to be used before or during the test.
- Bring in a list of your current medications.
- If you wish to have someone else with you during your appointment, please let the clerk know.
- If you do not speak English well, bring a family member who can, or ask us for an interpreter.
- If you have any skin allergies please inform the staff.

How is the test done?

Small areas on your chest may be shaved and cleaned. We will apply 5 to 7 sticky sensors (electrodes) to your skin. These sensors are attached to wires that connect to the monitor. The monitor is placed in a case which is worn around the waist with a belt or across the shoulder with a strap. You will be asked to do your normal activities.

Keeping a record of your activity.

A record sheet will be given to you to record your activity. If you feel anything unusual, record the time and how you feel and what you were doing. Our staff will show you how to fill out the record.

Returning the Monitor

The monitor and record must be returned on time. If you cannot return the monitor and record yourself, you must ask someone else return it for you.

