

# Holter Monitor

A Holter Monitor records the electrical activity of the heart continuously over a 24 hour period. This test enables us to identify any electrical changes or rhythm abnormalities of your heart during your normal daily routine. Reasons for holter monitoring may include investigating the cause of symptoms (palpitations, syncope etc.), to detect abnormal heart rhythms, or to evaluate the effectiveness of medications on the heart.

## Preparation

It is recommended that you shower prior to your appointment as you will be unable to during the testing period, and to wear a two piece outfit to allow easy access to the chest. Food, water and medication can be taken as per your usual routine. It is encouraged that you go about your normal daily activities, so that the ECG readings will be a true representation of your typical daily routine. Please bring along a list of the names and dosages of all medications for the cardiac technician to go through with you.

## Test Duration

Allow approximately 30 minutes for the monitor to be attached and 15 minutes the following day for the monitor to be detached.

## Medicare Rebate Available

Yes.

## Procedure

A height and weight will be acquired before the monitor is attached. A cardiac technician will place five electrodes in specific positions on your chest with thin leads connected to the monitor. To ensure a good quality trace is obtained some skin preparation, including light abrasion and cleansing with alcohol wipes is necessary. For men, shaving the area for electrode placement will be required. Once the electrodes and leads are in place they are secured with a medical adhesive tape.

The Holter monitor is about the size of a mobile phone and is easily stored in a pocket or on a lanyard around your neck. The technician will ensure you feel comfortable and that the monitor is working correctly before you leave the clinic.

A diary to record any symptoms that you may experience (palpitations, light headedness etc.) and daily activities (e.g. exercise) will be provided to you.

You will be required to return the next day for the monitor to be removed.

## Results

Our Cardiologists will review the collected data and a report will be generated. Your results are sent directly to your referring doctor, usually within 3 working days. The data obtained is digitally stored to enable precise comparisons should you require future tests.