



HOLTER MONITOR

Appointment Date: _____ & Time: _____

ABPM Return Date: _____ & Time: _____

What is a Holter Monitor (HM)?

HMs allow for your healthcare team to see your electrocardiogram (ECG) over a period of 24-48 hours. This test is usually ordered by doctors to investigate whether you have a normal heart rhythm; it can help to rule out the cause of several symptoms such as dizziness/feeling faint, chest pain, and palpitations (to name a few). The HM is a painless procedure that simply requires you to wear five stickers, called electrodes, on your chest. The electrodes are designed to detect and transmit the electrical signals generated by your heart; these are then recorded on the monitor. When your test is complete a final report will be sent to your family physician's office.

How to Prepare:

Unless requested by your doctor, wearing the HM will not impede your normal daily activities, however, you *will not be able to shower, bathe, or swim* while wearing the monitor. This should be a consideration when booking your appointment so that you are able to plan your day accordingly. While wearing the HM, you should continue to take all prescribed medications as you normally would. Importantly, cell phones, computers, game consoles, etc. will not cause interference with the monitor, *however*, electric blanket warmers, waterbeds, and electric razors may interfere with the recording and should thus be avoided during your test.

What to Expect at Your Appointment:

At your appointment, you can expect to have your skin cleaned with rubbing alcohol then a light exfoliation to ensure that the electrodes do not fall off. The electrodes will then be placed on your chest and a small monitor with a belt will go around your waist.

For a Complete & Successful Test:

We ask that you **DO NOT APPLY** body oils, lotions, or creams to your torso before your HM appointment. This will help to ensure that the electrodes remain on your skin for the duration of the test.

You will be given a diary at the time of your appointment to record any activities and symptoms that occur while wearing the monitor; this will be explained to you at your appointment.

The monitor should be removed at home the next morning and **MUST** be returned to the clinic on time the following business day.

A fee of \$80.00 will be charged if the monitor is returned late or damaged.

Reviewed Jan 2023