



Holter Monitor

Holter Monitor is a test that measures your heart's rhythm as you go through your daily activities, including sleep. The test is usually ordered to evaluate heart rate, irregular heartbeat or heart rhythm abnormalities.

WHAT DO I NEED TO KNOW?

- There are no medications or diet restrictions for this test. If you are on medication, you should take it at the regular scheduled time. You may also follow your regular diet.
- Wear comfortable clothing. A loose shirt is preferred.
- Do not wear any lotion or powder on your chest.
- Five small pads will be placed on your chest and connected by wires to a small recorder.
- The recorder tracks your heart's rhythm. It will be placed in a pouch so that you can wear it comfortably as you go about your daily activities.
- During the test, you will keep a diary of your activities, including any symptoms of palpitations or pain. The diary will allow the doctor to match your symptoms with the recordings from the monitor.
- You should go about your normal activities while the monitor is in place, except for showering, bathing or swimming. The pads should not get wet.
- If a wire comes loose, simply reconnect it.
- You may remove the monitor and patches after 24 hours (or 48 if ordered) and return the monitor to the office.