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Holter Monitor

A Holter monitor is a device that continuously records the heart's rhythms. The monitor is typically worn for approximately 24, 48 or 72 hours during normal activity.

How the test is performed

Electrodes (small conducting patches) are stuck onto your chest and attached to a small recording monitor. You carry the Holter monitor at your waist with a clip. The monitor is battery operated.

While you wear the monitor, it will record your heart's electrical activity.

Keep a diary of what activities you do while wearing the monitor, and how you feel. (The technologist hooking up your monitor will instruct you in what to record.)

After your scheduled time, you will return the monitor to 430 The Boardwalk, Suite 206.

The doctor will look at the records and see if there have been any abnormal heart rhythms.

It is very important that you accurately record your symptoms and activities so the doctor can match them with your Holter monitor findings. Electrodes must be firmly attached to the chest so the machine gets an accurate recording of the heart's activity.

While wearing the device, avoid:

- Electric blankets
- High-voltage areas
- Magnets
- Metal detectors

(Note, you may be asked to remove the device should you be going for other testing such as an MRI, Nuclear Medicine, CT Scan or X-ray.)

Continue your normal activities while wearing the monitor. You may be asked to exercise while being monitored if your symptoms have occurred in the past while you were exercising.

The monitor **cannot** get wet, so **no** showering, bathing or swimming while wearing the monitor.



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The monitor is a sensitive piece of medical equipment, so please no tampering with the device.

How to Prepare for the Test

There is no special preparation for the test. Our technologist will start the monitor. You'll be told how to replace the electrodes should they fall off or become loose.

Tell the technologist if you are allergic to any tape or other adhesives. Make sure you shower or bathe before you start the test. You will **not** be able to do so while you are wearing a Holter monitor.

How the Test Will Feel

This is a painless test. However, some people may need to have their chest shaved so the electrodes can stick.

You must keep the monitor close to your body. This may make it hard for you to sleep.

Why the Test is Performed

Holter monitoring is used to determine how the heart responds to normal activity. The monitor may also be used:

- After a heart attack or stroke
- To diagnose heart rhythm problems
- When starting a new heart medicine

It may be used to diagnose:

- Atrial fibrillation or flutter
- Multifocal atrial tachycardia
- Palpitations
- Paroxysmal supraventricular tachycardia
- Reasons for fainting
- Slow heart rate (bradycardia)
- Ventricular tachycardia