

Holter Monitor

A holter monitor is worn to continuously record the electrical activity of your heart while you are performing your normal daily activities. Monitoring electrodes will be put on your chest. These will pick up the signals from your heart and store them on a digital disk located inside the device. During the time you are wearing the monitor, your physician will want you to maintain a diary of your activities and any symptoms you may have, along with the time they occur. This includes, but is not limited to, chest, arm, neck, jaw pain, palpitations or pounding in the chest, dizziness, shortness of breath or anxiety. This will enable your physician to correlate your symptoms with your holter report at that specific time.

What you CAN do while wearing the Holter monitor:

DO continue with your normal daily routine

DO exercise if it is part of your normal routine

DO take your medications as prescribed UNLESS otherwise indicated by our physician.

DO replace electrodes if they become loose or fall off. A map of where they go should be provided or call our office if not.

What you CANNOT do while wearing the Holter monitor:

DO NOT tamper with the recorder, electrodes, disk, battery or lead wires

DO NOT take a shower, bath, swim or get the Holter wet

DO NOT use an electric blanket while wearing the monitor

Removal and Return of the Monitor:

At the end of your monitoring period, remove the sticky electrodes from your skin surface and dispose of them (these do not need to be returned). Place the monitor, lead wires, shoulder waist strap, holder and your Holter diary in a bag or baggy and return to the office promptly after the test is complete. Please remember to turn in your diary along with your monitor even if you did not experience any symptoms during the monitoring period.