



Holter Monitor

The 24 hour Holter monitor is a non-invasive test that uses a small pager sized device to record heart rate and rhythm continuously for 24 hours. This will allow the cardiologist to correlate symptoms such as dizziness, palpitations or black outs with heart rate and rhythm during the monitoring period.

The device records the data from several stickers that are attached to the chest wall that are connected by leads to the monitor. During the test the patient is encouraged to continue to undertake normal daily activities, including exercise however the device, leads and electrodes cannot be removed or get wet. Thus patients are encouraged to shower just prior to getting the monitor connected, and wear a two piece outfit.

After 24 hours the patient is to return to have the monitor removed and discuss any symptoms that occurred during the monitoring period. The monitor will then be analysed with results to be available for a follow up appointment within 2 business days.

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