

Holter Monitor

The Holter monitor is worn to record your heart rate for 24-48 hours.

Small pads called electrodes are placed on your chest and attached to a monitor. The monitor is carried in your pocket or in a small pouch worn around your neck.

You will be asked to record any symptoms you have while you wear the monitor, such as:

- Feeling dizzy
- Feeling faint
- Heart beating fast
- Feeling skipped heart beats

Arrive on time for your appointment.

To Prepare

Shower or bathe before the start of the test. You will not be able to while wearing the monitor.

During the Test

- For men, hair on your chest may need to be shaved to place the pads.
- Tell the staff if you are allergic to tape.
- The staff applies the pads and starts the monitor.
- Do not sleep with an electric blanket while you have the monitor on.
- Do your normal activities.
- If you have any symptoms while wearing the monitor:
 - Push the button to record the time.
 - Write down what you were doing, such as watching TV, walking or eating.
 - Write down your symptoms, such as heart racing, dizzy or pain.
 - This lets your doctor compare your symptoms with your heart rate.
- When it is time to take the monitor off, gently take the pads off your chest.
- Return the monitor with your written notes to the hospital or office as directed.

- Test results are sent to your doctor. Your doctor will share the results with you.

Troubleshooting:

- If a pad comes loose, remove it. Clean your skin with a damp washcloth. Place a new pad on after your skin dries. Pull the wire off the old pad and snap it onto the new pad. Write this in your notes.
- If a wire comes off, look at the picture on the back of the monitor. The wires are color-coded. Look at the picture and put the wire back on in the area in the picture. Write this in your notes.
- If you drop the monitor, open it by pulling it apart. Check to make sure it is still running. If it is **NOT** running, push the “release button”. You will hear the monitor start.

Talk to your doctor or nurse if you have any questions or concerns.