



### **What is a Holter Monitor?**

The Holter Monitor is a 24-hour continuous recording of the rhythm of your heart. This test will be useful in diagnosing any abnormal heart rhythms, or arrhythmias, that you may have while doing your usual daily activities.

### **What are the benefits of this test?**

Wearing a Holter Monitor can indicate to the physician whether you have abnormal heart beats, poor circulation to the heart muscle (ischemia), or help show whether or not any symptoms, such as dizziness or chest pain, correlate with changes on your ECG (known as an electrocardiogram).

### **What do I need to do while wearing the monitor?**

The cardiovascular technician will place electrodes on your chest that need to stay there for **24 hours**. You may want to shower or bathe before your test date because the monitor and electrodes cannot get wet. Here are some helpful hints for us get the most diagnostic test possible:

Wear a loose-fitting shirt or blouse.

Do **NOT** shower, bathe or get the unit wet during the 24-hour period.

Return the next day at your scheduled Holter Removal Appointment. It is extremely important to keep this appointment to ensure you receive your results in a timely manner.

### **Why is it important that I keep a diary?**

You will be given a special diary for the recording of any events that may occur. **The diary is extremely important.** You will be asked to record any symptoms that you may experience during the test, along with the time and activity you were doing. This helps us evaluate whether your symptoms correlate with any changes in your heart rate or rhythm.

### **When will I know the results of my test?**

The results will be given to you by your physician at your next follow-up appointment.

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