Holter Monitor

What is a Holter Monitor?
This test records the heart rhythm for 24 hours by measuring the electrical activity of the heart. It may find the cause of heart rhythm problems, palpitations, dizziness or blackouts.

How is it done?
Small sticky electrodes are placed on the chest. Please notify the technologist if you are allergic to Elastoplast. A lead connects a small recorder to the electrodes. This records your ECG (electrocardiogram) whilst you perform your normal lifestyle. The recordings are then analysed.

What do I do on the day?
Please present yourself at the Reception desk at the Heart Centre, 3rd Floor, Philip Block. Please bring your Medicare Card and the Referral from your doctor (if not already faxed).

Can I eat and drink before my test?
Yes. You do not need to fast.

Do I take my medications on the day of the test?
Take all your normal medications before and during the 24 hour monitoring period.

What do I wear for the test?
Wear a loose top and preferably a belt to which the recorder pouch can be fitted. Alternatively, we can provide a belt to wear around your waist or a strap to hang around your neck.

What happens during the test?
You will go home with the Holter Monitor attached and continue with your normal lifestyle. You cannot shower/bath for the 24 hours that you are wearing the recorder. Please ensure that you do not get the electrodes, leads or recorder wet. If you feel any of your heart symptoms, press the event button on the recorder as shown by the cardiac technologist and write down the symptoms felt in the diary provided.

How long does the test take?
This visit will take approximately 30 minutes.

What are the risks?
There are no known risks associated with a Holter Monitor. The test is completely painless.

What happens after my test?
You need to return the following day, at the same time, to have the Holter Monitor removed.

How will I get my results?
The Holter Monitor is reported by a Cardiologist, the report sent to your referring doctor and a copy placed in your medical history. Your referring doctor will discuss the results at your next