

## 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