

## Patient Instructions for Holter Monitor Requests

### **General Information:**

The Holter Monitor is a small “computer” that records a person’s heartbeat for 24 hours. It is named after its inventor, Dr. Norman J Holter. There is no electrical hazard to the person wearing the holter monitor and is safe for those with pacemakers.

### **Patient Preparation**

1. Please shower prior to having the Holter connected
2. During the 24hour period whilst wearing the holter please do not undertake:
  - Swimming and other water sport activities as the holter is not waterproof.
  - High impact sports.

### **On the Day of the Test**

1. Wear loose clothing on the day.
2. The skin around the chest area will be cleaned/exfoliated/shaved (if required) for maximum adhesion of the chest electrodes.
3. The holter will be attached to the chest area via electrodes to 5 leads which are in turn attached to the holter.
4. Once the holter monitor is turned on, you will be given a diary to write any symptoms e.g. palpitations, chest pain, shorten of breath or any discomfort during the 24hour period whilst wearing the holter monitor.
5. The collector will explain the purpose of the EVENT button which should only be used at the time a symptom presents itself during the 24hr recording.
6. Please bring the diary back to the collection centre at the end of the 24hour recording when the holter monitor is to be removed.

**Important Note:** If a lead should become disconnected from the holter during the 24hour period, please press the EVENT button, reconnect the lead to the respective electrode and write this in the diary provided.