

ECG holter monitoring

A patient's advice sheet

Sometimes you may experience palpitations, chest pain or other symptoms which may not be detected during routine examinations.

In this case it is necessary to monitor your heart for longer periods.

You will NOT need to stay in hospital for this procedure.

Fitting a holter monitor is a very simple, quick and painless procedure. Firstly, you will be asked to undress to the waist (ladies may leave their bras on) and the cardiac physiologist will clean the skin on your chest with an alcohol swab. Three electrode patches will be placed on your chest. The leads will be then connected to the patches and attached to the monitor. This machine will record your heart rhythm for the length of time required by the doctor. This may be 24 hours, 48 hours, or up to 7 days.

At the end of the recording time you will be required to return to the hospital to have the monitor removed.

The data will be analysed and a report will be sent to your doctor or cardiologist.

In order to help the cardiac physiologist analyse your results, you will be given a diary sheet to write down your symptoms (if you have any) along with the time they occurred (the time should be taken from the front of the monitor) including a description of what you were doing when you had your symptoms.

While you are wearing the device you must not:

- Have a bath or shower
- Sleep with an electric blanket switched on
- Remove the electrodes or the monitor (unless instructed)
- Tamper with the monitor

It is important that you wear the monitor all day and night and carry out your normal daily activities, including any sports, unless directed otherwise by your physician.