

ECG holter monitoring

Patient information 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 (you may leave your bra on) and the cardiac physiologist / assistant practitioner 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 anywhere between 24 hours to seven days, or longer if required.

Please let the cardiac physiologist / assistant practitioner know if you have an allergy to plasters or have very sensitive skin.

Prior to your appointment please do not apply any creams, lotions or oils to the chest area or sides of your torso.

At the end of the agreed recording time you will be required to return the monitor to the returns box at main reception, it can be dropped off by a friend or relative if needed.

The data will be analysed and a report will be sent to the referring clinician.

In order to help with the analysis of 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:

- Keep the monitor dry – no bath/shower or swimming

While you are wearing the device you must not:

- 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 referring clinician.

Contact Details

ECG department
Analysis, Corridor D
Outpatients

For queries, please call: 01223 638025 08:00 - 18:00 Monday - Friday

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Royal Papworth Hospital NHS Foundation Trust
Papworth Road, Cambridge
Biomedical Campus,
Cambridge CB2 0AY
Tel: 01223 638000
www.royalpapworth.nhs.uk

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