



Patient Information Sheet

Holter Monitor

An appointment is necessary for this test

Your doctor has referred you to have a Holter Monitor test.

A Holter Monitor is a continuous ECG recording of your heart rhythm over a 24 hour period. An electrocardiogram (ECG) records the electrical activity of the heart. The heart produces tiny electrical impulses which spread through the heart muscle to make the heart contract.

These impulses can be detected by the ECG machine.

The ECG test is painless and harmless. (The ECG machine records electrical impulses coming from your body - it does not put any electricity into your body.)

What is required?

The collection staff will need to record any medication you take that might affect your heart and they will require your height and weight, if you are unsure the rooms have the facilities to measure and weigh you.

How is it done?

Small sticky electrodes are stuck on to your chest. Wires from the electrodes are connected to the ECG machine. The machine detects and amplifies the electrical impulses that occur at each heartbeat and records them on to a paper or computer.

Before you attend for your test:

- Please shower the night before your appointment or on the morning of appointment.
- Please do not cream or powder your body as this makes it difficult for electrodes to adhere to the body and interferes with tracing.
- Wear loose fitting upper garments and a belt on your pants.
- Please remove any magnetic underlays from your bed or pillows with magnets attached.
- Please turn electric blankets off and unplug from the power socket before getting into bed as this interferes with the recording.
- It is best to minimize mobile phone use as this may interfere with readings.
- You will be unable to shower or swim for the 24 hour period that the Holter is attached.

Please see page two for a description of the procedure.

The Procedure

- You will have to remove your upper garments (possibly including the brassiere.)
- The Collector may have to shave your chest (to enable the electrodes to stick)
- The Collector will firmly rub your skin with special sandpaper; although this may be uncomfortable it enables reasonable transmission of the electrical impulses from the skin to the Holter Monitor and reduces the chance of having to have a repeat test due to poor recording.
- The collector will apply 5 sticky electrodes (dots) to your chest
- The Holter Monitor is attached to the dots via leads.
- You will be given a “Holter Diary” to record Medication, activities and any symptoms that occur whilst wearing the Holter Monitor. It is important to be as accurate as possible with these notes as it enables the Cardiologist to match it with any changes in the patterns of your heart.
- After approximately 23 hours you will need to return to the Collection Centre to have it removed. You may be asked to go to a different centre for removal depending on what day it has been attached.

The Holter Monitor is a small sensitive computer if you damage it you may be responsible for the cost of repair or replacement up to \$5000.00.

For further information or to make an appointment, please contact your nearest Collection Centre

Updated Collection Centre details may be found:

- On the reverse of your request form
- Website: www.capitalpath.com.au
- Phone: 02 6285 9800