

### What is the purpose of a holter monitor?

Your doctor may have requested a holter monitor to investigate symptoms such as heart palpitations, dizziness, blackouts or other symptoms you are experiencing.

A holter monitor is a small device that is used to monitor your heart rhythms over a continuous time period, usually 24 or 48 hours. The recordings give your doctor an indication of the type and amount of irregular heartbeats that occur over the course of a day. This includes during your normal activities, when exercising and sleeping.

### What does it involve?

#### Getting the holter monitor fitted

Your holter monitor will take around 10 minutes to be fitted in our clinic.

Firstly, you will need to remove your top/shirt and three adhesive electrodes will be attached to your chest. Before attaching them, we will clean your skin with an alcohol wipe to ensure they stick effectively. For the same reason, some men may need small patches of hair shaved in the areas where the electrodes will be placed.



The electrodes are attached to leads which are connected to a small recording device (about the size of a mobile phone). The device is kept in a protective bag that can be worn across your body like a handbag or on your belt. Once the device is set up and attached, you will be free to go and can go about your normal daily routine.

#### Wearing a holter monitor

When wearing the holter monitor, you can perform all your usual activities, apart from showering and swimming as it cannot get wet. Keep the holter monitor on for the entire duration that your doctor has requested, even when you sleep, so that it can record your heart rhythm accurately. Also try to avoid touching or adjusting the electrodes or monitor.

It is important that you record any symptoms that you experience while wearing the holter monitor. Please take notes on:

- the symptom you experience, eg fast heartbeat, dizziness, out of breath
- the time of day it occurred, eg 1:30pm
- how long it lasted, eg 20mins
- what you were doing at that time, eg exercising, lying down etc.

You can discuss these symptoms with your cardiologist or referring GP at your follow up appointment.

#### Returning the holter monitor

When you return to our clinic, it takes less than 5 minutes to remove the holter monitor and the electrodes from your chest. We will retrieve the results from the device and once received, our

cardiologist will prepare a report within 2 business days. You can discuss these results with either your GP (if they have requested) or our cardiologist at a follow up appointment.

### Do I need to prepare?

- Wear a loose top/shirt that can be easily removed to fit the electrodes on your chest and the connecting leads/device around your waist.
- We recommend showering before having the holter monitor fitted as you will not be able to shower for 24/48 hours, depending on how long your doctor has requested you wear the device.
- You do not need to fast.
- Continue taking your usual medication unless your doctor advises otherwise.

### Are there any risks associated with wearing a holter monitor?

There are no known risks to wearing a holter monitor. It is considered very safe and is a non-invasive way of investigating irregular heart rhythms. The adhesive patches may leave red marks on some people's skin, however this is temporary.

### What should I do if the holter monitor starts beeping or making noises?

If the holter monitor starts beeping, it may indicate that the batteries are running low. While this is rare, it is generally not a problem if it occurs towards the end of the 24/48 hour period and the recording can still be completed. If you are concerned, please call us on the number below.

### What should I do if the holter monitor becomes detached from my chest?

If the holter monitor becomes detached, it will not be able to record your heart rhythms accurately and you may need to have it reset by our clinic. If this happens, please call us on the number below.

### Any questions or concerns?

Please call us on:

Chatswood clinic: (02) 9411 3930

Dee Why clinic: (02) 9133 7050

#### IMPORTANT WHILE WEARING A HOLTER MONITOR

- ♥ Leave it on at all times, even during sleep
- ♥ Do not get it wet, avoid showering and swimming
- ♥ Continue with all your other usual activities