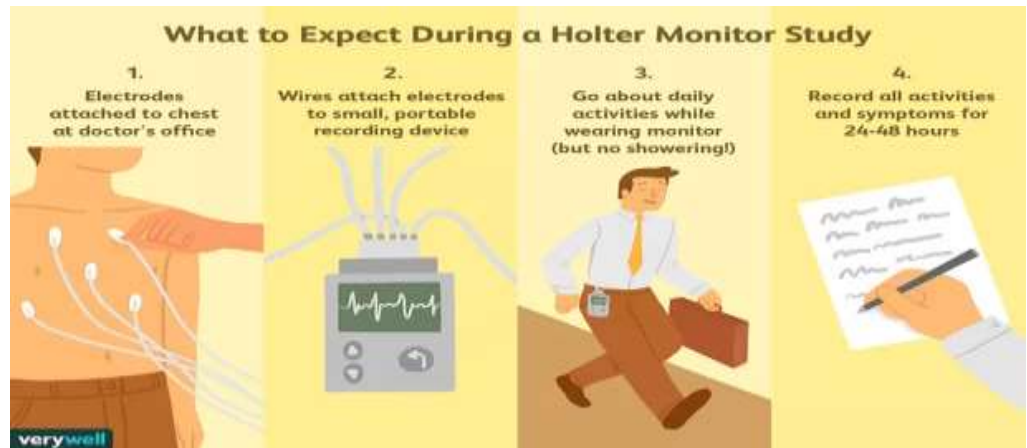


# Holter Monitor (24h-48h)

## Definition

A Holter Monitor is a study that records 24 hours of continuous ECG information to correlate any symptoms or suspected symptoms with the patient's daily activities. A Holter Monitor is the most common form of ambulatory cardiac monitoring.



## How the Test is Performed

Electrodes (small conducting patches) are stuck onto your chest. These are attached by wires to a small recording monitor. You carry the Holter monitor in a pocket or pouch worn around your neck or waist. The monitor runs on batteries.

While you wear the monitor, it records your heart's electrical activity.

- Keep a diary of what activities you do while wearing the monitor, and how you feel.
- After 24 to 48 hours, you will return the monitor to your health care provider's office.
- The provider will look at the records and see if there have been any abnormal heart rhythms.

It is very important that you accurately record your symptoms and activities so the provider can match them with your Holter monitor findings.

Electrodes must be firmly attached to the chest so the machine gets an accurate recording of the heart's activity. While wearing the device, avoid:

- Electric blankets
- High-voltage areas
- Magnets
- Metal detectors

Continue your normal activities while wearing the monitor. You may be asked to exercise while being monitored if your symptoms have occurred in the past while you were exercising. Your provider will start the monitor. You'll be told how to replace the electrodes if they fall off or get loose.

**How the Test will Feel** This is a painless test. However, some people may need to have their chest shaved so the electrodes can stick. You must keep the monitor close to your body. This may make it hard for you to sleep. Occasionally there may be an uncomfortable skin reaction to the sticky electrodes. Other than the uncommon skin reaction, there are no risks associated with the test.

## How Long will Test Last

You will wear the monitor for 24-48 hours.

## Holter Monitor Log [Holter Monitor Log](#)

While you are being monitored by a Holter monitor, it's important to keep an accurate log of your activities and symptoms during the test. If you feel symptoms such as chest pain, shortness of breath, Uneven heartbeats or dizziness, note in your log the time of day they began and what you were doing. Your log will be compared to the changes in your ECG recorded by the Holter monitor.