



ACADEMIC CARDIOLOGY ASSOCIATES

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24 Hour Holter Monitor

This test tracks your heart rhythm over a set period of time and is commonly used to diagnose and monitor a range of heart conditions.

What is a Holter Monitor?

A Holter monitor is a small device that records your heart's rhythm over a set period of time, ranging from 24 to 48 hours.

The monitor is battery-powered and can be carried in your pocket or clipped to any article of clothing. It is connected to wires attached to electrodes, or sticky patches that are placed directly onto your chest. The information is stored onto a SD card until it is removed and returned, where it is then uploaded onto analyzing software and monitored by an exercise physiologist or cardiac technician.

Why is the Holter Monitor Test Performed?

A standard electrocardiogram, or EKG, records your heart's rhythm for a few minutes. A Holter monitor test is a type of EKG that shows your heart's rhythm for a much longer period of time.

Your doctor might recommend a Holter monitor test to:

- Find the cause of symptoms like chest pain, heart palpitations, shortness of breath, light-headedness, or fainting.
- Diagnose an arrhythmia, or irregular heartbeat
- Check for post-operation arrhythmias
- See how well your heart is working after a heart attack
- Determine if your medication is working properly

What to Expect During a Holter Monitor Test

Your Holter monitor test will begin in your doctor's office. It is best to wear loose fitting clothing during your test, allowing the electrodes to stay in place. Lotion is not recommended.

A technician will clean your skin with a mildly abrasive pad, clean with alcohol, and wipe dry before attaching five electrodes to your chest. If there is excess hair on your chest, the technician may need to shave your skin to ensure a proper signal is transmitted. Before you leave, you will learn what to do if an electrode comes off, what you can and cannot do during the test, how to keep track of your symptoms, and how and when to return the monitor when your test is done.

What to Do During Your Test

You will get a diary to track your symptoms. Unless your doctor instructs you otherwise, you should maintain your daily routine. Keeping track of daily activities is **not necessary** unless directed otherwise. It is more effective to record exercise and/or symptoms.

Symptoms include but are not limited to:

- Palpitations
- Shortness of breath
- Racing heart
- Dizziness

To ensure your test is working properly, keep the electrodes dry. It is best to not shower for 24 hours until your test is complete. If you are being monitored for longer than 24 hours, a technician can provide extra electrodes and instructions.

When your test is complete

Your monitor is equipped with a timer that will turn the monitor off at the end of the monitoring session. The screen will go blank when this occurs. **Please remove the electrode or patches and throw them away prior to returning your monitor.** Return the monitor, case, and lead wires to the office. Upon arrival, you will be asked to sign a document certifying that you are returning all items to our office.

Holter monitor test results

You must return the monitor as quickly as possible after you are finished to ensure results in a timely manner. It may take about a week or longer to get the results of your test. You will get a call from a Medical Assistant with your results unless your physician wants to speak with you directly.

If you have abnormal results, your physician may want to order more tests to pinpoint the cause.