

# NWOCC

## HOLTER MONITOR

A holter monitor, also known as a 24-hour ambulatory monitor, is a simple test used to evaluate the heart's activities for a 24-hour period. Your physician probably ordered this test to determine the heart's rate and rhythm, during daily activity, to figure out whether or not any abnormalities exist. Some abnormalities may be slow rhythms (bradycardia), fast rhythms (tachycardia) or MANY other possibilities (which your doctor will discuss with you). The monitor can be prescribed for symptoms (lightheadedness, chest pain or palpitations) that MAY be caused by an abnormal rhythm or simply to review heart rates while ambulatory and/or medication effectiveness (with or without symptoms).

Five patches will be placed on your chest, along with wires attached to each patch. The patches and wires transmit your heart's rhythm (continuously) on a tape located inside of your monitor. As part of your test, you will be asked to keep a diary of your daily activities while you are attached to the Holter Monitor. The diary will consist of entering the time, activity and any symptoms that may occur while you wear the monitor.

You can engage in any activity (including work, exercise, etc) while wearing the monitor, provided you do not get the patches wet. If the patches get wet, your heart's rhythm will not transmit properly and the test may have to be repeated. If sweating occurs while wearing the monitor, medical tape can be used to hold the patch in place to complete the 24 hours of monitoring.

The holter monitor is then brought back to the office where it was initially placed and given back with diary for download. The technicians download information onto paper and the evaluation is determined by a physician. The patient is usually called within a weeks time with results, unless highly abnormal, the patient will be notified in 24-48 hours.