PATIENT INFORMATION

WHAT IS A HOLTER MONITOR?
A holter monitor records information about your heart rhythm over a 24-hour period.

WHAT TO EXPECT (ATTACHMENT 30 MINS)
Electrodes are placed on your chest that will be attached to a small recorder which you will carry with you in a small pouch that can be worn around your waist or over the shoulder. This monitor will record your heart beats/rhythm for 24-hours. If you have any of your usual heart symptoms there is a small event button for you to press to mark that time.

PREPARATION
Have a shower before your appointment as the electrodes and monitor must not get wet. You should also wear a loose top and loose pants/shorts/skirt.

REMOVAL
You must return the next day to have the monitor taken off.

RESULTS
The results will be analysed and a cardiologist will complete a formal report that will go to your doctor.