

# 24 or 48 hour cardiac Holter monitoring



Cardiac Holter monitoring records your heart's activity. It can recognise abnormal heartbeats during normal activities, exercise and sleep.

## How do I get ready?

Have a shower or bath before coming to the appointment. You will not be able to do this once you are wearing the monitor.

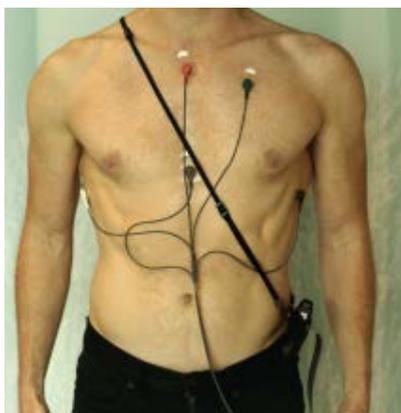
Wear loose, comfortable clothing and take your medications as usual unless told otherwise by your doctor.

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## What happens?

Small metal electrodes are placed on your chest and attached to a holter monitor device. This device is worn around your neck or on your belt.

Your heart activity is recorded continually over 1 or 2 days while you are resting and while you are active.



The test takes about 20 minutes to set up. You will need to return to the hospital to have the monitor taken off. This takes a few minutes.

## What do I have to do?

It's important to record your daily activities (meal-times, exercise, bedtime) and any symptoms you feel.



Please remember:

- Don't touch or adjust the electrodes
- Don't get the electrodes or monitor wet (don't swim, shower or bathe)
- Don't have an X-ray
- Avoid using an electric blanket.

## What are the risks of cardiac Holter monitoring?

There are no significant risks involved in wearing a Holter monitor. However, you may have some skin irritation around the electrodes.

## Key things to remember

When you return to the hospital to have the monitor taken off, please remember to bring your record of your daily activities and symptoms.