



Holter Monitor

A Holter monitor is a small portable device that records your heart rhythm continuously while you go about your normal daily activities.

It is usually worn for 24 hours, but in some cases your doctor may ask you to wear it for up to 3 days.

Small sticky electrodes are placed on your chest and connected to the monitor. The monitor is usually worn under your clothing in a small pouch.

What the Test Can Show

A Holter monitor can help detect heart rhythm problems that may not appear during a standard electrocardiogram (ECG).

It may be used to investigate symptoms such as:

- palpitations
- dizziness or fainting
- shortness of breath
- chest discomfort
- an irregular or slow heartbeat

It can also help assess the heart rhythm during normal activities, sleep and exercise.

During the Test

Please continue your usual daily activities unless your doctor has advised otherwise.

You may be asked to keep a brief diary of symptoms and activities. If you feel symptoms, please write down the time and what you were doing. This helps the cardiologist compare your symptoms with your heart rhythm recording.

Please do not remove the monitor or electrodes during the recording period unless instructed.

Important Instructions

The monitor must stay dry. Please do not shower, swim or bathe while wearing it.

Avoid applying moisturiser, oil or powder to your chest before the monitor is fitted, as this may stop the electrodes from sticking properly.

Please return the monitor at the arranged time so the recording can be downloaded and analysed.

Risks

A Holter monitor is safe and painless. It does not give electric shocks and does not interfere with your heart rhythm.

Some patients may develop mild skin irritation from the sticky electrodes. This usually settles after the electrodes are removed.