

Holter Monitor

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Your health care provider wants you to wear a Holter monitor for 24 or 48 hours. They want to observe your heart rhythm during your normal, everyday activities.

The monitor is a small, portable electrocardiographic (EKG) machine that you wear on a belt or chest harness.

The lightweight monitor helps detect any unusual heart rhythms. This is called the Holter monitor test.

The Test

This is a painless test. The technician will put several small electrode patches on your chest. These patches have wires connected to the monitor. The monitor records your heartbeats.

The monitor is worn under your clothing. You can go about your usual activities except for showering or bathing.

You will keep a diary of:

- your activities such as stair climbing, fast walking or running
- any unusual feelings you have such as fast heart rate, shortness of breath, chest pressure or chest pain.

Important: Please do not schedule a chest imaging study while wearing the Holter monitor. The monitor may interfere with the quality of the image. (Imaging on other parts of your body is OK.)

After the Test

You will need to return the monitor to the facility at which you had your test. The results will be analyzed and interpreted by a health care provider.

The provider will look at the recording to decide if an abnormal heart rhythm is causing your symptoms.