

HOLTER MONITOR TEST INFORMATION SHEET

What is a Holter Monitor Test and why do I need one?

A Holter monitor, also known as 24 hour tape, is a small portable machine that continuously records the heart's rhythms. The monitor is usually worn for 24 - 48 hours during normal activity. The most common reasons for getting a Holter monitor test are:

- Unexplained fainting or dizziness
- Palpitations, or a feeling that your heart is fluttering or beating too hard or too fast

If you have a heart condition that makes you more prone to developing a rhythm abnormality, your doctor may use a Holter monitor to detect arrhythmia which might be unnoticed.

How is the Holter Monitor test performed?

- Electrodes (small conducting patches) are stuck onto your chest and attached to a small recording monitor (you'll be told how to replace the electrodes should they fall off or become loose). Some people may need to have their chest shaved so the electrodes can stick. You carry the Holter monitor on a cord around your neck, or clipped onto your belt. The monitor is battery operated.
- A technician will start the monitor. While you wear the monitor, it records your heart's electrical activity. You should keep a diary of any symptoms you get while wearing the monitor. It is very important that you accurately record your symptoms so that the doctor can match them with your Holter monitor findings. You should continue your normal activities while wearing the monitor.
- After 24 - 48 hours, you return the monitor to 66 Harley Street Investigation personnel. Our specialised team will look at the records and see if there have been any irregular heart rhythms.

How to prepare for this test?

There is no special preparation for the test. Tell your doctor if you are allergic to any tape or other adhesives. **Make sure you shower or bathe before you start the test. You will not be able to do so while you are wearing a Holter monitor.**

Is the Holter Monitor test a safe test?

This is an extremely safe test. However, you should be sure not to let the monitor get wet.

The 66 Harley Street Team will be happy to help with any concerns on the following number **0207426 4568**. **The personnel involved in the test are as follow:**