



INFORMATION SHEET

HOLTER MONITOR

HOLTER MONITOR EXPLAINED

A monitor which detects and records heart rate and rhythm continuously usually over a 24 hour period but may be worn up to 48 hours.

PLEASE ADVISE US BEFOREHAND

Please advise us if you are a night shift worker.

PREPARATION

Please bring to your appointment:

- Your referral and Medicare, Pension and/or Health Care Cards
- A list of your current medications.

Shower beforehand as you will not be able to shower again until the monitor is removed in 24 hours.

Do not apply any lotions or creams to the chest area.

Wear a two piece outfit if possible.

You will need to return the following day to have the monitor removed.

WHAT HAPPENS DURING THE PROCEDURE

You will be connected to a small heart monitor (no larger than a mobile phone) by 4 electrodes stuck to your chest. The monitor is worn in a pouch around your neck or in a case at your waist for 24 hours where it records your heart rate and rhythm. You may return home or to work and resume most of your usual activities while wearing the monitor. You cannot shower while wearing the monitor. You may be asked to keep a diary of activity / events.

HOW LONG DOES IT TAKE

Approximately 20 minutes to fit the monitor, however the monitor is worn for 24 hours.

AFTER THE EXAMINATION

You will return the following day to have the monitor removed. You may then resume your normal activities.

YOUR IMAGES AND REPORT

A report will be sent to your referring doctor. PRP will store electronic copies of your holter traces on our secure database for comparison with any future studies.

It is very important you return to your doctor to discuss your examination results.