



## **Patient Information Sheet**

# **Holter Monitor**

### **What is a Holter monitor?**

The Holter monitor test is used to record your EKG tracing continuously for a period of 24 hours or longer. A Holter monitor is most often done to evaluate symptoms that might be heart-related, such as fatigue, shortness of breath, dizziness or fainting. Holter monitoring is a painless test. You will go to the Fort Wayne Cardiology office to be fitted for a monitor. You will have electrodes placed on the chest area with the lead wires attached to a battery-operated small monitor or recorder. The monitor can be placed in a pocket or clipped to your waist. While you are wearing the monitor, you will be asked to keep a log of your daily activities: what you did and at what time. This will help the doctor know what you were doing during the times that you were having symptoms and/or when you were experiencing abnormal heart rhythms. While you are wearing the monitor, you can do most of your typical activities, except those that might get the Holter monitor wet or cause electrical interference (i.e. heating pad, electric blanket). You will bring the Holter monitor back to the office the next day. A cardiologist will review the recordings of your heart rhythm and a typed report will be faxed or mailed to your family physician.