

Holter monitor: Patient Information



What is a Holter monitor?

A Holter monitor is an ECG recording over an extended period of time. The test reveals any heart rhythm or rate abnormalities.

Who performs the Holter test?

The test will be performed by a Holter technician, clinical assistant, or nurse at our office.

How is the test done?

Electrodes (stickers) are placed on the chest and connected to a monitor that records the heartbeat. The skin is prepared by cleaning with an alcohol pad and medical-grade, skin-safe sand paper. After sticker placement the Holter wires are taped to the body.

How long does it take to hook up the Holter device?

It may take up to 30 minutes.

What you need to do to prepare for your Holter test?

- 1) Wear comfortable, loose clothing on the test day for ease of dressing and undressing. A disposable gown will be offered.
- 2) Your skin should be dry, hairless (please shave if necessary), and oil-free, for better adhesion of stickers and proper recording.
- 3) We suggest a shower/bath prior to your visit, as you will be wearing the Holter monitor for several days without taking it off.

