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Facts about 24 Hour Holter Monitors

What is a 24 hour Holter Monitor?

A 24 hour **holter monitor** is a test that will let us investigate your heart rhythm as part of an evaluation for palpitations, skipped or premature heart beats or any other symptoms that might be attributed to an alteration in your heart rhythm.

What is the actual procedure?

The test is done by recording your heart rhythm on a tape recorder for 24 hours. You will be able to go about your normal, daily activities, although you will not be able to shower, bathe, or swim. You are encouraged to participate in all your other usual activities.

The application of the monitor will take about 20 to 30 minutes. On the day of your test we ask that you wear a loose fitting shirt or blouse. We ask that women do not wear a dress or one piece. This will allow easy application of the adhesive electrodes that will be placed on your chest. The electrodes are connected to the recorder by wires and the recorder will be secured to your waist by an adjustable belt. If during the 24 hour monitoring period an electrode should come loose, try to reconnect the lead yourself by simply pressing the wire snap onto the electrode.

You will also be given a diary in which to write your daily activities and also any symptoms such as palpitations, dizziness, chest pain, shortness of breath, and whatever else you may feel is unusual. Be sure to record the exact time of any entries.

Are there any risks?

The test itself is painless and poses no health risk. It is simply a monitoring device.

What happens during the follow up?

The following day you will be asked to return to the office with your diary and we will remove the monitor for processing. We will examine all of your heart beats and correlate any rhythm disturbances with the symptoms you may have experienced. Your test results will be discussed with Dr. Tsoi on your follow-up appointment and/or the results will be sent to the physician who referred you here for this study.

Do you have any questions?

If you have questions regarding the test or your test results, please feel free to contact this office at (510)792-3595.