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HOLTER MONITOR

What is a Holter Monitor?

Holter Monitor is a device which continuously records the electrical activity of your heart during the day and night and is used for heart rate analysis, arrhythmia investigation and symptoms.

Holter Monitor is performed by attaching several electrodes to your chest and connected to leads, which detect and send the electrical signal in your heart back to the monitor. Your heart rhythm is stored as a continuous recording for the whole period of wearing the monitor and is analyzed by a trained Cardiac Physiologist and Cardiologist.

We perform 24-hour Holter monitors at Rotar Heart Health, which means that you wear it for approximately 24 hours and are expected to bring it back the next day after your appointment.

A diary is given to record any symptoms and events which are used in the cardiac investigation at relevant times in the recording.

How do I prepare for my Holter Monitor appointment?

Please wear loose-fitted clothing and prepare for no shower or bath for approximately 24 hours while the monitor is on.

Please continue all your medications.

No fasting is required.

We may require shaving some of your chest hair to ensure proper adhesion of electrodes to your skin.

Avoid using moisturizers and/or creams and body powders.

Allow 15-20 minutes for your appointment.

How do I get my results?

Once the monitor is returned our medical team of Cardiac Technologists and Cardiologists will be analyzing the recording and preparing your final report to be sent to your referring doctor within few days.

If you require urgent results, please notify our staff at your appointment.