



HOLTER MONITORING

What it is

Ambulatory arrhythmia (Holter) Monitoring is a continuous ECG that is taken to see how your heart rate and rhythm change during the course of several days. It consists of ECG electrodes that are applied to your chest and attached to a portable device that records these signals. These signals are then transferred to your physician's computer to analyze.

Performance/Preparation

The technologist will place adhesive ECG electrodes on your chest after appropriate skin preparation occurs. They will provide you with instructions regarding monitoring of symptoms with a diary and care of the device. No special preparation is required.

Duration

Holter Monitors can be performed for 48-hours, 72-hours, 1-week and 2-weeks.

Medications

You may take your medications as prescribed. In some cases, the physician may want to use the Holter to assess the response to a prescribed medication.

Driving

There are no restrictions to driving while wearing a Holter monitor.