



Understanding Holter Monitoring

We understand that undergoing a Holter monitoring test may be a new experience for you. Holter monitoring is a valuable tool used by your doctor / care provider to evaluate your heart's activity over an extended period. This patient education handout aims to provide you with essential information about Holter monitoring to ensure you are well-prepared and informed about the procedure.

What is Holter Monitoring?

Holter monitoring is a non-invasive test that records your heart's electrical activity. It is typically used to detect irregular heart rhythms, assess symptoms like palpitations or dizziness, and monitor the effectiveness of cardiac medications or treatments.

How is the Test Performed?

- 1. Electrode Placement:** Small, adhesive electrodes will be placed on your chest. These electrodes are connected to a Holter monitor, a portable device that records your heart's electrical signals.
- 2. Carrying the Monitor:** The Holter monitor is lightweight and can be carried in a pouch around your neck. During the monitoring period, it's essential to keep the monitor close to your body and avoid getting it wet.
- 3. Normal Activities:** You can go about your usual daily activities while wearing the monitor, but it's essential to avoid excessive sweating or activities that may interfere with the electrodes.
- 4. Recording Symptoms:** If you experience any symptoms, such as palpitations or dizziness, shortness of breath, chest pain or any other symptoms make a note of the time and the activity you were doing when the symptoms occurred in the diary. Holter monitors come with a diary, use it to record your activities and any symptoms experienced during the monitoring period. This information helps your healthcare provider interpret the data accurately.

What to Expect During Holter Monitoring?

The electrodes may cause slight skin irritation, but they should not be painful. If you experience discomfort, call the Holter lab at 289-273-9311 extension 1.

Normal Activities: Try to maintain your regular routine while wearing the monitor to provide accurate data representative of your daily life.

Bathing: Avoid showering or bathing during the monitoring period. **The Holter monitor is not waterproof.**



Sleeping: You can sleep with the Holter monitor on, but try to sleep on your back, if possible, to avoid disrupting the electrodes' placement. We suggest wearing a fitted shirt to keep the wires and machine stable

After Holter Monitoring:

Once the monitoring period is over, you will return the Holter monitor, Holter diary and any accompanying documentation to your healthcare provider. The recorded data will be analyzed by a trained professional to evaluate your heart's activity during the monitoring period.

Results:

Results are available within 10 working days of you returning the test to the health care provider who ordered the test. The healthcare provider who ordered the test will review the results and may discuss them with you. The data collected from Holter monitoring can provide valuable insights into your heart's health and help guide any necessary treatments or further investigations.

Potential Limitations:

Holter monitoring provides a snapshot of your heart's activity during the recording period. However, certain heart rhythm disturbances may not occur during this time. If your symptoms persist or if your healthcare provider suspects other heart issues, further tests may be necessary. If the recording has electrical disturbance or wires get disconnected and enough good quality data is not collected the test may need to be repeated.

Final Thoughts:

Holter monitoring is a valuable diagnostic tool that helps your healthcare provider better understand your heart's activity and diagnose any potential heart rhythm abnormalities. If you have any questions or concerns about the procedure, do not hesitate to discuss them with your healthcare provider.

If you have questions about the Holter monitor, please call 289-207-3200 between 0900-1600 on working day or contact us through www.imcare.ca

Remember, your active participation and adherence to the monitoring instructions will contribute to the success and accuracy of the Holter monitoring test.

Returning the Holter back in time avoids delays in your results and also enables the next person to wait less their test.

Wishing you good health,

Team IMCare