Why is the test done?

The test is done to check your heart rhythm if you had palpitations, dizzy spells, faints or falls. We also use it to monitor certain heart medications and assess heart rhythm in different conditions.

The Holter monitoring provides a continuous recording of heart rhythm during normal activity.

Returning the monitor:

Before returning the monitor please do not / take one battery out (according to monitor type), unclip the wires from the electrodes (stickers).

Please hand it at the reception of:

Whaddon Medical Centre, 25 Witham Court, Tweed Drive
Bletchley, MK3 7QU – 01908 272700

Whaddon Medical Centre
How is the test done?

Electrodes (small conducting patches) are placed on your chest and attached to a small recording monitor that you can carry around your neck, in your pocket or through your belt around the waist. The monitor is battery operated.

Your heart electrical activity is recorded (much like the recording of an ECG), usually for a 24-hour period while you keep a diary of your activities. The recording is then analyzed and a report will be sent to your Doctor and to you.

It is very important that you accurately record your symptoms and activities so that we can correlate them with your Holter monitor findings.

How to prepare for the test:

There is no special preparation for the test. The recording monitor will be started at the clinic and you will be given instructions on how to replace electrodes should they become loosened. Instructions will also be given on how to record activity for the diary.

Tell us if you are allergic to any tape or other adhesives. Shower or bathe before you start the test -- you will not be able to do so while you are wearing a Holter monitor.

How will the test feel?

There is no discomfort associated with the test. Hair may need to be shaved from the chest for electrode placement. You must keep the monitor close to the body, either in a pocket or in a pouch worn around the shoulder or neck.

Continue normal activities while wearing the monitor.

Are there any risks?

There are no risks associated with the test. However, you should be sure not to let the monitor get wet.

If you have any difficulty, you can contact us on 01908 272700 or 373058.

Special Considerations:

Electrodes must be firmly attached to the chest to permit accurate recording of the heart’s activity.

Do not get the monitor wet

Do not use your electric blanket.

Stay away from magnets, metal detectors, and high voltage areas such as power lines while wearing the device.

The Diary:

Below is an example of how to fill the diary:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15 am</td>
<td>walking 2 miles</td>
<td>chest pain</td>
</tr>
<tr>
<td>1:20 pm</td>
<td>having lunch</td>
<td>dizzy spell</td>
</tr>
<tr>
<td>3:50 pm</td>
<td>watching TV</td>
<td>heart fluttering</td>
</tr>
</tbody>
</table>

Please remember to sit or stand still if you develop palpitations or feel unwell during the test as this will give us a clearer ECG trace and will help with clarifying the diagnosis. You can also press the central black button at that time to mark the