

Holter Monitor



Interior Health
Every person matters

Patient Information

www.interiorhealth.ca

What is a Holter monitor?

A Holter monitor is a small device that is used to detect and record abnormal heart rhythms (arrhythmias). The technologist applying the Holter monitor will prepare your skin prior to hooking up the monitor. The monitor will be connected to your chest using small adhesive stickers and wires.

Why did my doctor order a Holter monitor?

A Holter monitor is often ordered if you're experiencing any of the following:

- Dizziness
- Palpitations
- Shortness of breath
- Symptoms of a stroke or transient ischemic attack
- Unexplained weakness

How long will the procedure take?

- The Holter monitor hook-up will take approximately 30 minutes
- The monitor will be worn for 24 hours

Preparation for the procedure

- Patients are asked to avoid using moisturizers and other skin products on the day of the appointment

What to expect after the procedure?

- Continue with normal daily activities while wearing the monitor
- Do not shower, bathe or swim
- Do not use an electric blanket or electric heating pad
- Do not remove the batteries, kink the wires, or damage the monitor
- Follow instructions on how to care for the monitor and how to fill in the Holter Monitor Diary provided at the time of hook-up
- Return the monitor as instructed

Healthlink BC	Nurse	24 hours a day	Daily	<i>Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.</i>
Call 8-1-1	Dietitian	9 am–5 pm	Mon–Fri	
	Pharmacist	5 pm–9 am	Daily	
	Hearing Impaired	Call 7-1-1		
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