



testfacts

AN EDUCATIONAL HEALTH SERIES FROM NATIONAL JEWISH HEALTH™

Holter Monitoring

What is a Holter Monitor?

Your doctor has suggested you have a Holter Monitor as part of your evaluation at National Jewish. A Holter Monitor is a monitor that continually records the electrical signals of your heart for 24 or 48 hours. The test results will be studied closely to help determine your diagnosis and the best treatment for you.

What is done during the test?

The technologist will explain the test to you before you start. This test does not hurt. Ask questions if you don't understand. The nurse or technologist will clean areas of skin on your chest. ECG leads will be placed on your chest. These will be attached to a small monitor you will carry with you during the test. It is small enough to carry easily. For men, the technologist may need to shave small areas of your chest to attach the ECG leads. You may want to wear loose fitting clothing for your comfort during the test.

Can you shower or bathe while wearing the monitor?

Do not get the Holter monitor wet. You will be wearing the Holter monitor for 24 or 48 hours. You can not shower or bathe while wearing this monitor. Plan ahead and shower or bathe before you come for the test, if you want.

How long do you wear the Holter monitor?

You will wear the Holter monitor for 24 or 48 hours, depending on your doctors' order. The monitor displays how much time until the test is complete.


What if you feel heart palpitations or dizziness while wearing the Holter monitor?



If you feel heart palpitations, your heart speed up, are short of breath, feel dizzy or light headed, or you have other symptoms then record this on the monitor.

How do you record an event on the Holter monitor?

The technologist will explain this before you go home. Remember to ask questions if you don't understand.

These are the steps to record symptoms you have:

- Press the  button on the monitor.

- Press the arrow < or > to scroll through the options until you find what you are feeling, then press the  button on the monitor. If you do not find what you are feeling, then select the word **EVENT** and press the  button on the monitor.

What will you do when the time is completed?

When the monitor display has reached 00.00 then you may remove and dispose of the ECG patches. Please return the Holter monitor to National Jewish. Please bring the Holter monitor to the greeter in the 1st floor adult clinic waiting area within 1 to 2 days.

How will you get the test results?

The doctor who ordered the test will receive the results within 3 to 5 days from the return of the monitor. Please contact the doctor who ordered the test for any test results.

If you have any questions you can contact the Cardiology Department at 303-270-2670.

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