

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 Health. A Holter Monitor is a monitor that continually records the electrical signals of your heart for 24 or 48 hours.

Can you shower or bathe while wearing the monitor?

Do not get the monitor wet. You can not shower or bathe while wearing this monitor.

How long do you wear the Holter monitor?

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

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

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

How do you record an event?

Document the time and what you are feeling in the patient diary.

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 monitor patches. Please return the monitor to the Greater in the 1st floor clinic waiting area at National Jewish Health 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. PTE.175, 10/10

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