

St. Luke's Heart Care Services Patient / Family Information

Ambulatory Electrocardiogram (Holter Monitor)

What is an Ambulatory EKG?

An Ambulatory EKG Holter Monitor is a special recorder that measures the rhythms of your heart during your daily activities outside the hospital. The Holter Monitor is very light and is the size of a deck of playing cards.



Why is the Ambulatory EKG performed?

This test is used to check for problems in your heart rhythm over a continuous period of time. This is important because sometimes you may have symptoms and changes in your heart rhythm that only happens during a certain activity, or during a certain time of the day or night.

How long does the procedure last?

You will wear the Holter Monitor for at least 24 hours. It can be worn up to 48 hours if needed. Your doctor may want you to wear the Holter Monitor a second time if he or she wants you to.

What can you expect before the procedure?

You will have an appointment time to come to St. Luke's Hospital on the 4th floor of the Heart Center. An EKG technician will put some small sticky patches on your skin. Wires will be hooked to the patches and the Holter Monitor. The Holter Monitor is either placed in a pouch that can be worn around your neck, or it can be attached to your belt such as a pager or a cell phone might be.

What can you expect during the procedure?

Once the Holter Monitor is attached to you, the procedure time is started. You will be asked to write down a list of your activities while you wear the Holter Monitor. This will help the technician who reviews the test to determine which heart

rhythm changes happen with activities and at what time of the day the heart rhythm changes occur.

When will you know your results?

After you have finished wearing the Holter Monitor for the amount of time you were told, the Holter Monitor and your diary must be brought back to the hospital so the doctor can look at your heart rhythms. The results are viewed by the heart doctor and this may take 3 to 4 days. The results are then sent to your doctor by the heart doctor. Your doctor will tell you the results.

Outpatient Instructions:

Please register at the Outpatient Registration Desk at the West Entrance **or** you may call (319) 369-8129 to pre-register with Centralized Scheduling, which will reduce your wait time at the registration desk.

Name: _____

Exam Date and Time: _____

If you have further questions, please call the St. Luke's Diagnostic Cardiology Department at (319) 369-7318.