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Unitypoint.org/cardiologyclinic

Holter Monitor

What is a Holter Monitor?

A Holter Monitor is a small, medical device that records the rhythms of your heart during your daily activities. The Holter Monitor is very light and is the size of a cellular phone.

Why is a Holter monitor used?

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. If indicated, your doctor may want you to wear the Holter Monitor a second time.

What can you expect before the procedure?

A 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 your activities in a diary while you wear the Holter Monitor. This will help the technician who reviews the test to determine which heart rhythm changes happened with each activity and at what time of the day the heart rhythm changes occurred.

Special Instructions:

- **Do NOT** get the monitor wet.

When will you know your results?

After you have finished wearing the Holter Monitor, the Holter Monitor and your diary must be brought back to the clinic so your heart rhythms can be reviewed. The results are interpreted by a board certified cardiologist and then sent to your primary doctor. Test results are available in 3 to 4 days.

Important Billing Information

If you are unable to keep your testing appointment, you must contact UnityPoint Health-Cardiology Clinic 24 hours prior to your test time. Scheduled testing appointments that are missed or cancelled without the 24 hour advance notice may be subject to charges for pharmaceuticals or supplies specifically ordered for your test.