

Cardiac Holter Monitoring

General information

The purpose of this test is to record your heart activity for a 24 hour period while you go about your normal daily routine. This test has a fee attached that you will not be able to claim back from Medicare.

Procedure

- Do not drop the monitor or get it wet. Keep the monitor inside its pouch. (Do not bathe or shower during the 24 hour period or the monitor will be irreparably damaged.)
- Do not remove the electrodes until they no longer stick to you.
- Remove the monitor from around your neck when going to bed.
- On completion of the test, return to the Clinical Labs centre where it was fitted for removal.
- The monitor records throughout the entire 24 hours. Please do not interfere with the appliance.

On the day of the test

- Please shower prior to your appointment. Do not use powder or body lotions on the chest area. Wear clothes that are easy to remove from the waist up and that are loose fitting. Allow approximately 15 minutes for the monitor to be fitted.
- The area where the electrodes are fitted to the chest will need to be rubbed with alcohol to remove natural oils from the skin. This will ensure that contact is adequate when attaching the electrodes and leads. The monitor is attached with a long loop around your neck.
- If you have a symptom (an event), e.g. chest pain, dizziness, Fatigue etc., firmly press the event button located on the top of the monitor where the wires enter the machine. Hold for 2 seconds and release. Remain quiet, still and breathe normally.
- The monitor is programmed to detect abnormal heartbeats and may record an event even when you have not pressed the event button.