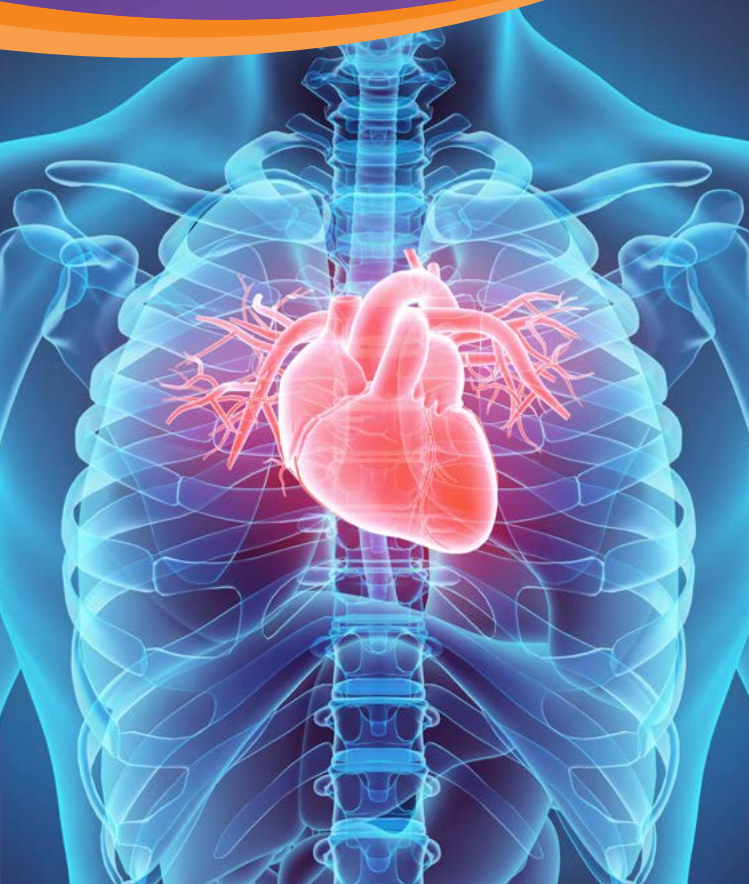


AUSTRALIAN

**Clinical**abs

# Holter Monitors

*Instructional guide  
for patients*



## What is a Holter monitor?

A Holter monitor is a portable medical device that records your cardiac activity for a period of 24 hours, as you go about your daily routine. Think of it as an extended portable ECG that is used to identify abnormal cardiac rhythms.

Modern monitors are lightweight and worn in a pouch around your neck and are particularly useful in identifying cardiac arrhythmias that may be short-lived, intermittent or asymptomatic.

## When do doctors order Holter monitor testing?

Doctors may order a Holter monitor test when you have experienced symptoms including:

- ✔ Cardiac palpitations
- ✔ Unexplained dizziness
- ✔ Suspected slow heart rhythms
- ✔ Chest pain thought to be associated with cardiac arrhythmias



## Important Test Information

### Pre-test preparations

- Please shower/bathe before your appointment, as you cannot get the monitor wet while wearing it
- Do not use powder or body lotions on your chest
- Wear a loose-fitting top that can easily be removed from the waist up
- Allow approximately 15 minutes for the monitor to be fitted

### While wearing the Holter monitor

- Keep the monitor inside its pouch
- Do not shower, bathe or swim
- Do not disconnect the leads or remove the electrodes. If a lead becomes disconnected, reattach it straight away
- Wear a firm-fitting singlet or t-shirt to bed at night to prevent leads from becoming detached. Remove the monitor from around your neck while you are sleeping
- When you experience a symptom, i.e. palpitations or dizziness, press the event button
- On completion of the 24-hour test return the Holter monitor to the Clinical Labs Collection Centre



## How to book a Holter monitor test at Clinical Labs

Once you have a referral from your doctor, you will need to book an appointment at your nearest Clinical Labs Collection Centre to have your monitor fitted.

**Patients in VIC and NSW** Visit the Clinical Labs website [clinicallylabs.com.au/location](http://clinicallylabs.com.au/location). Type in your postcode and select 'Holter' from the drop-down box. Select your closest collection centre and call the number listed.

**Patients in SA** Please call SA Cardiac Services on (08) 8205 5699 to make an appointment.

**NB - Please inform staff at the time of booking if you have any allergies to surgical tape.**

## When will my doctor have the results?

Your doctor will have the results from your test approximately 5 business days from the date you return the Holter monitor to the Clinical Labs Collection Centre.



**1300 453 688**  
**clinicallylabs.com.au**