

## **HOLTER MONITOR**

A holter monitor is a continuous tape recording of your EKG for a 24 to 48 hour period. Since it can be worn during your regular daily activities, it helps your physician correlate symptoms of dizziness, palpitations, or fainting episodes. It is also able to pick up abnormal heart rhythms and evaluate some episodes of chest pain.

Before your appointment, be sure to use **no body lotions or powder**. A holter monitor is applied at our office. Electrodes are attached to your chest and the wires connect to a small portable battery operated recorder. This device records continuously and stores the heart rhythm. During the recording period, it is very important that you use the **journal** that is supplied to document the following:

- **Any symptoms such as palpitations, dizziness, shortness of breath or chest discomfort**
- **Any activities that may increase your heart rate, such as exercising, stair climbing, etc.**

Please make sure to bring the diary back the next business day when coming to get your holter removed. Because the monitor **must be kept dry**, please do not take a shower or bath until the monitor is removed.

The recordings will be analyzed and we will call you with the results within 7-10 business days. A copy of the report will also be sent to your primary care physician.