Patient Information

SA Heart
quality cardiac care

Holter Monitor

What is it?

A Holter monitor records your heart rhythm continuously throughout the day and night.

The length of time that you will need to wear the monitor will be determined by your cardiologist. The monitor is usually worn for between 12 - 24 hours.

Preparation

Two piece clothing, including a loose fitting top, is desirable as the cardiac technician will need to access your chest area. You may like to bathe or shower prior to the test as you may not be able to do so for up to 24 hours once the monitor has been fitted. No other preparation is required.

Procedure

The monitor is about the size of a mobile phone and consists of 5 leads which are attached to your chest by adhesive electrodes. Occasionally tape may be placed over the top to ensure the electrodes remain in place. It is important to check that the electrodes remain in place throughout the day. If you have an allergy to adhesive tapes please advise the technician fitting the monitor. The technician may also have to shave small sections of hair from your chest to ensure sufficient contact of the electrode with the skin.

The Holter monitor will either be hung loosely around your neck by a strap or clipped onto your waistband. During the recording you will need to list your symptoms, the time they occur and what you were doing at the time on the diary sheet provided.

You will be able to carry out your normal daily activities **BUT you must not get the monitor wet i.e. no swimming or showering, nor use an electric blanket or magnetic underlay.**

Returning the monitor

You will be shown how to disconnect the monitor prior to returning. The monitor, grey leads and diary sheet will need to be placed in the envelope provided. The technician will also specify what time the monitor needs to be returned and where. It is important to return the monitor at this time as the data must be downloaded and the monitor prepared for the next patient.

Results

Your results will not be available at the time you return the monitor. Data will need to be downloaded and once this data is reported by a cardiologist the results will be forwarded to your referring doctor. Please allow at least 5 working days before making a review appointment with your referring doctor. Please let SA Heart know at the time of fitting if your appointment is within 5 days. If this test has been ordered by your cardiologist a follow up appointment will have already been organised to discuss the results.

What to bring on the day

You will need to bring
- Medicare card
- A current referral from your GP or specialist
- Any concession or health insurance cards

If you need any further information please phone (08) 8297 6888 or visit our website at **saheart.com.au**

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Consent

Our monitors are booked to be used with other patients. To minimise this impact and ensure we continue to deliver quality cardiac care to all of our patients a late fee of $50 will be applied if the monitor is returned after the time specified by the technician. This fee will be charged for every day the monitor is not returned.

I, (Patient Name) _____

born (Date of Birth) _____/_____/_____

acknowledge that I have read and agree to the conditions outlined in this document regarding the use and return of the Holter monitor.

Sign:

_____

(Patient or Legal Representative)

Date:

_____/_____/_____

Patient ID (office use only)

_____

Please return this consent at your earliest convenience

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