

What is a Holter Monitor?

A Holter Monitor is a small portable heart monitor (smaller than a mobile phone) with five stickers or tabs that attach to your chest. You can wear the Holter Monitor under your clothes.

The monitor will record your heart's electrical activity for a set time (around one – three days) then it turns itself off.

The Holter Monitor will show the Cardiologist your heart rate and rhythm during a normal day (outside of the hospital).

Preparation

- Wear two-piece clothing (i.e., separate top and bottom half, not a dress) with a loose fitted shirt.
- Shower before your appointment because you will not be able to shower when you are wearing the monitor.
- Do not wear moisturiser or other products on your chest because they will stop the tabs sticking to your skin properly.
- The Holter monitor must be returned the day after your monitoring finishes, so please choose an appointment time that allows you to return the monitor on time.

We are located in:

Cardiology Outpatients unit, Building 1, Level 3 Canberra Hospital, Yamba Drive, Garran ACT 2605.

What happens when the monitor is on?

- You will wear the monitor for a set time including during sleep. You will be notified. as to how long the monitor needs to stay on (24 to 72 hours).
- **Do not wet the monitor**, it is not waterproof.
- Once the monitor is on, we recommend that you keep to your normal routine, just avoid any water activities and showers.
- If you have any symptoms (e.g. palpitations, shortness of breath, light headedness or dizziness). Note down the time, symptom, and activity in the diary that we gave you at your appointment.
- Take the monitor off the morning before you return it to the hospital.
- Return your monitor in the box it came in anytime in the morning by 8 am on the agreed date.

Note: Our Holter monitors are booked with other people, so returning it on time is greatly appreciated.



Important Information

If you have any questions about this test, please phone the Cardiology Department.

Opening hours: 8:30am to 5:00pm Monday to Friday: (02) 5124 2371 (excluding public holidays)

If your call isn't answered, please leave a message with your contact details so that we can call you back.

This test is bulk billed which means you will not have to pay anything. Please bring your Medicare card or DVA card with you if you have one. There is a waiting list for this test, if you can no longer keep your appointment, or you've had it performed somewhere else, please call us as soon as possible.

Acknowledgement of Country



Canberra Health Services acknowledges the Traditional Custodians of the land, the Ngunnawal people. We acknowledge and respect their continuing culture and contribution to the life of this city and region.



Accessibility

Call (02) 5124 0000



Call 131 450

canberrahealthservices.act.gov.au/accessibility



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