



24 Hour Holter Monitor

Your health care provider has ordered a 24 hour Holter monitor.

This is also referred to as an ambulatory electrocardiography (EKG or ECG).

Ambulatory electrocardiography monitors the electrical activity of your heart while you go about your usual daily activities. Many heart problems occur only during certain activities such as exercise, eating, sex, emotional stress, bowel movements, or even sleeping. A continuous 24 hour recording is much more likely to detect any abnormal heartbeats that occur during these activities.

Holter monitoring:

The most common type of ambulatory monitoring is called Holter monitoring. The recording device of a Holter monitor is worn on a strap at your waist or over your shoulder. The electrical signals of your heart are picked up by electrodes attached to your chest, and these are connected to the recorder by wires. Holter monitoring provides a continuous 24 hour record of the electrical signals from your heart. While wearing the Holter monitor, you will also be asked to keep a diary of all your activities and symptoms. After the monitoring period, your health professional will review the findings.

Many people have irregular heartbeats (arrhythmias) from time to time. The importance of irregular heartbeats depends on the type of pattern they produce, how often they occur, how long they last, and whether they occur at the same time you have symptoms. Because arrhythmias can occur irregularly, it may be difficult to record an arrhythmia while you are in the doctor's office. A Holter monitor records about 100,000 heartbeats in 24 hours and is much more likely to detect a problem.

YOUR HOLTER MONITOR IS SCHEDULE FOR:

Appointment date: _____ Time: _____

If you are unable to keep your appointment, please call the office at (815) 726-2200.