



Holter Monitor

Juravinski Hospital

You need to have a Holter monitor. Your appointment at the Medical Diagnostic Unit at the Juravinski Hospital is:

Return the Holter monitor the next day by 8:00 a.m.

If you have questions, call the Holter Lab: 905-389-4411, ext. 42219

What is a Holter monitor?

A 24-hour Holter monitor is a device that continuously records your heart's electrical activity for 18 to 22 hours while you go about your usual daily activity.

Electrodes are placed on your chest, which are attached to a small recorder. You will carry this recorder with you in a pouch wherever you go. When the recording is finished, a technologist will remove the monitor and analyze the results. The results will be sent to your doctor.

If you need to have a 48-hour Holter monitor, you will have the recorder applied for at least 18 hours, twice with one day in between.

Juravinski Hospital
Medical Diagnostic Unit
Electrocardiogram (ECG) / Holter Lab
905-389- 4411, ext. 42219

Why did my doctor order a Holter monitor?

If your doctor feels that you may have some changes in your heart's rate or rhythm, he or she may ask you to wear this recorder. There are many reasons to wear a Holter monitor. Ask your doctor for your specific reason.

You may also need to wear a Holter monitor if you are involved in a research project.

Will the Holter monitor be uncomfortable to wear?

You may have some skin irritation such as itchiness or redness caused by the electrodes taped to your chest. We may need to shave your chest hair to make the electrodes stick.

If you have an allergy to adhesive tape please let us know in advance. We will try to use a different tape or device.

Are there different types of monitors?

Yes. There are also monitors called Event Monitors and Loop Monitors. These devices record only when activated by the patient. You need to press a button when you have a symptom and hold the unit to your chest.

The technologist will explain this to you if this is the type of monitor you will have.

What activities can I do while wearing a Holter monitor?

- Do not rub or scratch the wires as it may cause the monitor to stop working.
- Do not shower, bathe or go swimming while wearing the monitor as water will damage it.
- Continue with your normal activities – this will help to show us how your heart reacts to exercise.
- Women will not be able to wear a bra as it will interfere with the recordings.

What are my responsibilities while wearing the Holter monitor?

The Holter monitor you have is very expensive. We ask you to treat it with care and caution.

You are responsible for:

- Bringing it back by 8:00 a.m. the next day. Another patient will be waiting to use it.
- Keeping a diary of your daily activities, medications and any symptoms you might have while wearing the monitor. The technician will give you a copy of the diary and review it with you.

Please record all activities that could cause your heart rate to increase or decrease such as:

- vacuuming
- cutting grass
- brisk walking
- the time you go to bed and wake up including naps

Please record as much information in your diary as you can. This will help the doctor to assess the results of your test.
