

Holter Monitoring

GENERAL INFORMATION:

What is it? Holter monitoring is also called ambulatory (am-bew-luh-tor-e) electrocardiography (e-lek-tro-kar-d-ah-gruh-fee). A Holter monitor is a machine about the size of a camera. It has leads (wires) that are attached to electrodes (small round sticky pads) placed on your chest. The monitor makes a tape recording of your heart beating for a whole day (24 hours).

Why do you need it? You may need Holter monitoring if you have problems with your heart. Such as, chest pain, fainting (passing out) or unusual heartbeats (arrhythmias) (uh-rith-me-uhs). If you take medicines for arrhythmias, a Holter monitor test will tell caregivers how your medicine is working.

How does it work? The Holter monitor recording shows caregivers how your heart works during activity and rest. You will need to keep track of everything you do in a diary. Write down any symptoms you have such as chest pain or unusual heartbeats. Also, any strong emotions such as anger or fear.

CARE AGREEMENT:

You have the right to help plan your care. To help with this plan, you must learn about your health condition and how it may be treated. You can then discuss treatment options with your caregivers. Work with them to decide what care may be used to treat you. You always have the right to refuse treatment.

