



# HOLTER MONITOR

## **WHAT IS IT?**

The Holter Monitor is a device worn over a 24-48 hour period which is used to record the heart's rhythm.

## **WHY IS THIS TEST PERFORMED?**

Holter Monitoring is used to determine your heart's rhythm and how the heart responds to your daily activity. It is particularly helpful with catching irregular heart rhythms.

## **HOW IS THIS TEST PERFORMED?**

Electrodes are applied to the chest and attached to a small recorder which is held securely in a pouch worn around the waist.

You also will be given a Diary Sheet to record any symptoms you may have while wearing the monitor. This will allow us to correlate symptoms with results on the recording.

## **HOW TO PREPARE FOR THE TEST**

Please do not put cream or powder on your chest on the day your monitor is applied.



# LOOP MONITORING

## WHAT IS IT?

The Loop Monitor is a small monitor with leads that are applied to the chest. It is kept and applied by the patient for a period of two weeks. It is used to capture cardiac events.

## WHY IS THIS TEST PERFORMED?

This test is used to diagnose rhythm abnormalities. It is suitable for patients with transient occurrences of cardiac arrhythmia, sudden shortness of breath or chest pain.

## HOW IS THIS TEST PERFORMED?

The monitor is the size of a pager. It has two leads which attach to electrodes. These electrodes are applied to the chest. The patient can apply and remove the monitor daily on his/her own. The monitor is kept for two weeks by the patient and a button is pressed by the patient when he/she feels an event. This will record the event. Once the maximum events have been stored, the patient will return the monitor to have the events downloaded onto a computer. The monitor is then returned to the patient who will repeat this process.

## HOW TO PREPARE FOR THE TEST

It is important for the patient to refrain from applying cream or powder to the chest prior to applying the monitor. This will ensure secure adhesion of the electrodes.