

# UNITED HOSPITAL CENTER

## PATIENT EDUCATION

### HOLTER MONITOR



Your physician has referred you to the Diagnostic Services Department at United Hospital Center for a 24 hours Holter monitor procedure. It works like a continuous electrocardiogram (ECG) by recording any irregular heartbeats you may have. If you are on heart medication, the information from this recording will help your doctor judge how well the medication is working.

The technician will show you how to wear the monitor on a belt or over your shoulder after attaching the various leads to your skin. If one of the leads becomes loose during the 24 hours period, secure it with a piece of tape. If your monitor is equipped with an event button, the technician will show you how to press it should you experience anything unusual, such as a sudden, rapid heartbeat.

While wearing the monitor, you can perform most of your usual activities. You'll even wear it to bed. You will be asked to follow the safety measures listed below.

**DON'T** get the monitor wet -- don't shower, bathe, or swim with it on.

**AVOID** vigorous activity, because you may sweat profusely and this can cause the electrodes to loosen or fall off. This may result in needing to repeat the exam.

Your physician will ask you to keep a diary of your activities and feelings while you are wearing the monitor. This diary will help your physician establish a connection between your monitor tracing and your activities and feelings. The following is an example of how you may want to set up your diary entries.

<u>DAY</u>	<u>TIME</u>	<u>ACTIVITY</u>	<u>FEELINGS</u>
Tuesday	10:30 am	Rode from hospital in car	Legs tired, some shortness of breath
Wednesday	8:15 am	Awoke, urinated, washed face and arms	Very tired, rapid heart beat for about 30 seconds

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