

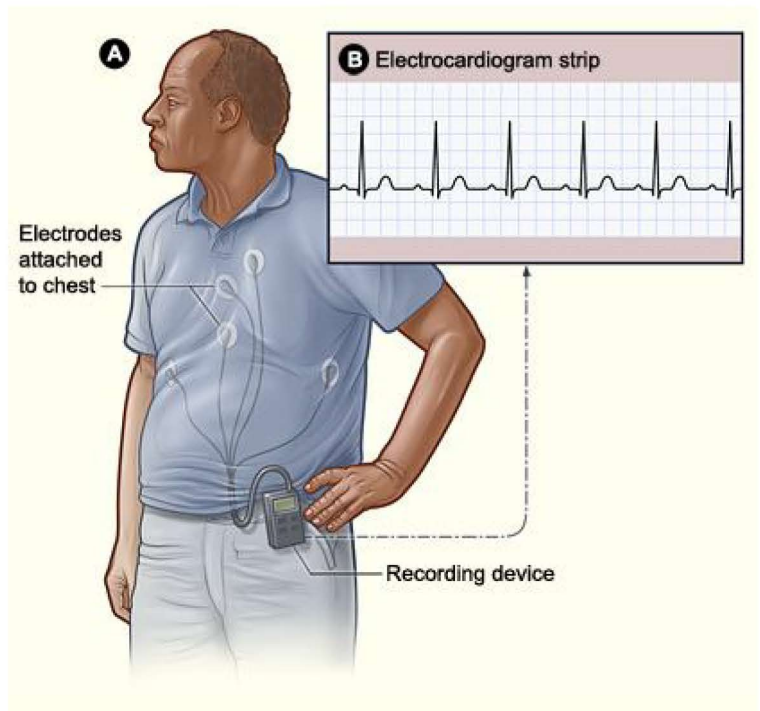
## Holter Monitor

### What is a Holter Monitor?

A Holter Monitor is a device which records the electrical impulses generated by your heart which cause it to beat. The device records every heart beat over approximately 24 hours. It is used when patients are suspected of having abnormal heart rhythms or missed beats.

### What happens during a Holter Monitor Recording?

During a Holter Monitor recording you will be fitted with a small device which can be clipped onto your waist or belt. The device is connected to five leads which are attached to sensors on your chest as shown in the diagram below. Patients wear the device for 24 hours and then return it the following day. The information is then downloaded onto a computer and analysed. A report is usually available within 48 hours.



### Is a Holter Monitor dangerous?

No. A Holter Monitor is completely safe. It will not interfere with any other electronic devices.

### What do I have to do to prepare for a Holter Monitor?

A Holter Monitor does not require any specific preparation. We advise patients to be mindful that you will not be able to get the device wet and will need to return it in approximately 24 hours.