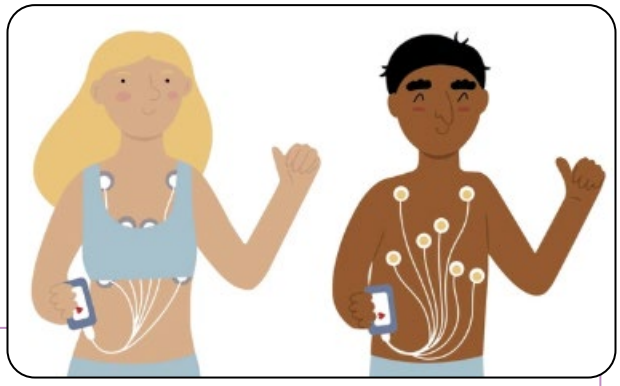
Oxford University Hospitals
NHS Foundation Trust

Having a Holter Monitor



A Holter monitor is a **small portable ECG** that **continuously records** your **heart rate** and **rhythm**, these recordings vary from **24 hours up to 5 days**.

What to expect:



- **Clothing:** To place the 3/4 ECG electrodes and connect the monitor, we will briefly need to access your chest. After the monitor is connected and recording, the monitor can be clipped onto your clothing or kept in a pocket.
- **Length of test:** The length of your recording will depend on your doctor's request for the test.
- **During monitoring:** You will wear the monitor home and continue with all your normal daily activities. The monitor will continuously record your heart rhythm.
- **Bathing and showering:** As the monitor is not waterproof, it is important that it does not get wet during the recording. Unfortunately, this means that for the duration of wearing the monitor you cannot have a bath or shower. For longer recordings (5 days) extra electrodes will be provided so you may take the monitor off, have a quick shower or bath and then re-attach the monitor following the guide on the diary sheet.
- **Symptom diary:** If at any point during your recording you experience any of your symptoms – please write them down filling out the date, time, symptom and what you were doing when the symptom occurred.
- **Ending the test:** After the monitoring period is complete you may take the monitor off, throw the electrodes away and place the monitor and diary sheet into the envelope provided. This will then need returning to the department on the date specified by the team when your monitor is fitted.
- **Chaperone Information:** You're welcome to bring a friend or family member to act as a chaperone during your Holter fitting. If you'd like us to provide a chaperone, please let us know in advance. You may also request a male or female staff member to fit your monitor. We'll do our best to accommodate your preference, but this may delay your appointment or require rescheduling if not possible at the time.

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