Holter monitor

This is a device which records the electrical activity (ECG) of the heart over a 24-hour period. Connection of the device takes approximately 15 minutes.

On the day of the test
- Please bath/shower in the morning, since you will not be able to swim/shower during the next 24 hours
- Do not use talc, body lotion or wear neck chains
- Please wear a 2 piece outfit

Connection of the device
- Requires that adhesive electrodes be placed on the chest (men may need some hair shaved) and connected to a small tape recorder which is worn across the shoulder or around the waist

During the monitored period
- If you have symptoms, you should press the event recorder button on the machine and make a note of the symptoms in a special diary which will be given to you
- Do not use electric blankets and heating pads including waterbed heating devices
- After the period of monitoring the equipment and symptom diary must be returned at the specified time
- A full report will be sent to your doctor after the results have been reviewed by a cardiologist