



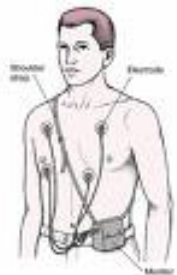
## The Procedure

You will be asked to bare your chest (ladies can keep the bra on), the skin is then prepared by shaving if necessary, a wipe with a mild abrasive and then cleaned with a sterile wipe.

We then attach electrodes (like large sticking plasters) to your chest and these attach to the monitor through cables.

The monitor is then placed in a small shoulder bag or clipped to your waistband.

Once the monitor is on you must be careful not to get it wet, so you will be unable to have a bath, shower or go swimming whilst the recording is being made. Apart from this we would like you to carry on with your normal days activity, including any work or exercise that you may do.



## Results

The results will go to your consultant who will check them and decide how to proceed, whether further tests are necessary, an appointment is needed or if a letter will suffice.

Please note that you will not be given the results on the day of your test or see your consultant.

## To find us

From the main entrance walk by the tearbar and shop and then take a right at the crossroads just before you reach the Xray and pathology departments there is a lift or a set of stairs, go up to the first floor, we are on the right if you use the lift and left if you use the stairs.

# Holter Monitoring



Cardio—Respiratory Unit

George Eliot Hospital

Direct Line 024 7686 5128



## Why you have an appointment

Your Doctor has requested that we complete a recording of your heartbeats.

This is usually done to 'capture' a transient event such as palpitations or lightheadedness, sometimes it is to assess the need for medication or the effectiveness of current medication.

If you do not attend for this test we will not be able to pass important medical information to your Doctor which may affect the medical treatment you receive.

## What is a Holter Monitor?

A Holter monitor is a compact recording device which records your heart beats for a period of time, from 24 hours to 7 days.

It records your heart beats in a similar way to the ECG.

Electrodes on your skin pick up the signal from the heart as it beats and this information is stored on the device.

This is then transferred on to the computer for analysis.

The analysis is then checked by the Physiologist who then sends a report to your consultant.

## For Your Test

You will need to attend for 2 visits, one day to have the monitor fitted and the other to have it removed.

The first day for 20 minutes and the second for just 10 mins.

The monitor must be returned on time on the second visit as it will be required for the next patient.

Please do not use any body lotions, oils or creams on your chest prior to your visit.

