



What is a Holter Monitor?

A Holter Monitor is a small ECG (electrocardiograph) device attached to five electrodes on your chest area. The device is used to continuously record the heart's activity during normal day to day activities including sleep. Holter Monitors are most often worn for a period of 24 hours however 3, 5 and 7 day devices are also available from Nepean Cardiology.

How do I prepare for a Holter Monitor?

There are no special preparations for this test, however you will need to wear the device for 24 or 48 hours and you are unable to shower or swim during this period to ensure the device does not get wet.

Some areas of the chest may require shaving to attach the electrodes to ensure secure attachment. It is advisable for women to wear a bra even while sleeping to ensure the device stays securely in place.

You will need to allow 10 to 15 minutes for the device to be fitted and a further 5 to 10 minutes to have the device removed the following day (or 3, 5 & 7 days later) at the same time.

When will I receive my results?

The trace from your Holter Monitor recording will need to be downloaded and sent for interpretation before our Cardiologist can report their findings. The test results are usually sent to your referring doctor within one to three days. If you have an appointment with your general practitioner in the few days following your test please let the Nepean Cardiology staff know so we can ensure your test results are forwarded urgently.