

24 or 48 Hour Holter Monitor Study

This test is a cardiac heart monitor with 5 electrodes and wires attached to a recorder that records your heart rhythm for 24 or 48 hours depending on your physician order.

It will be applied when you come to the Cardiopulmonary Department at Aspen Valley Health. Your chest will be prepped to ensure good electrode contact, the electrodes will be applied, wires attached, tape over the wires and then attached to the recorder that is small enough to clip on your shirt or pant waistband. The technician will assure that the recorder is sending heart rhythm to the monitor and then initiate the recording. You will be given instructions on using a diary for any events that you feel symptoms related to what you shared with your physician so that we can try to pinpoint the time of event to recording to see if any heart issues. You will not be able to shower or take a bath while this monitor is on. You can sponge bathe around it. You will also be given extra electrodes and directions to reapply if an electrode(s) loosen or come off.

You will leave the monitor on until you return the Cardiopulmonary Department for removal so they can assess electrodes status before removal.

The information will be downloaded and reviewed by this staff and that information is forwarded to the Cardiology Clinic physician on call for interpretation which will then be forwarded to the ordering physician.