

Holter Monitoring

Information for patients and families

ECG Department
30 Bond Street
Room 7-075, Queen Wing
Toronto, Ontario M5B 1W8
(416) 864-5075

Where do I go?

- You will have your monitor applied in the St. Michael's Hospital ECG department located in room 7-075 on the 7th floor Queen Wing.
- For easiest access: enter through the Queen Entrance and proceed to the second set of elevators to the 7th floor.
- **Please bring your Ontario Health card and if you have a St. Michael's card bring this as well.** (If you don't have a St. Michael's card we will provide you with one on the day of your appointment).

What is a Holter Monitor?

- A Holter Monitor is a small electronic device that you will wear **for 72 hours to 2 weeks** that will record the electrical activity of your heart.
- Your doctor has ordered this test to observe how your heart's electrical system is functioning.

How is the Holter Monitoring performed?

- Small electrodes are placed on your chest. Wires are attached to the electrodes and connected to the monitor. It is placed in a case and is worn over your shoulder or on your belt.
- You will leave the hospital with the monitor and return it in good condition when your test is over.

How do I prepare for the Holter Monitor?

- Please wear comfortable clothing that can be easily removed from the waist up. Bring a list of your current medications, your health card and your St. Michael's Hospital card if you have one.

- Make sure you shower the morning of your test and do not apply any lotion to your chest.

Are there any special instructions?

- There are no restrictions regarding food, caffeine or exercise. It is important that you continue all of your daily activities.
- Continue taking all of your medication as prescribed by your doctor.
- You will be required to keep a record of any symptoms that you experience i.e., shortness of breath, palpitations, an awareness of your heart beating fast or slow, dizziness or any other symptom you experience.
- If you have a symptom, press the grey/purple button on the monitor once and quickly release it. This highlights the recording and allows your doctor to see what your heart was doing when you felt the symptom.
- After you have pressed the grey/purple button, record your symptom in the diary provided. If you have not had any symptoms while wearing the monitor, simply write "no symptoms" in your diary.
- **Do not shower or take a bath while wearing the monitor. Do not get the monitor or electrodes wet.**

What do I do when the Holter Monitor test is completed?

- You may return to the ECG department to have the monitor removed or you may remove it at home and **return it directly to the ECG department** during business hours (8am to 4pm) the day your test is completed. If your test is completed over a weekend, you must return the monitor the following Monday.
- If you remove it yourself, carefully peel off all electrodes and tape from your chest and discard. **Do not disconnect** the wires from the machines. Simply return the monitor as is.

How do I care for the equipment?

- A Holter Monitor is an expensive piece of equipment. Please take care not to drop it or get it wet. **You are responsible for returning the monitor promptly in good condition or you may be charged for its replacement.**

How do I get my results?

- Your doctor will speak to you about your test results as the ECG department is not able to communicate your test results to you. Test results are available to your doctor usually within 72 hours.

St. Michael's cares about your health. For reliable health information, visit our Patient and Family Learning Centre, or find us online at unityhealth.to/learn

This information is not intended as a substitute for professional medical care. Ask your healthcare provider about this information if you have questions.