

How to Use a Holter Monitor

A Holter Monitor is a painless way to record your heartbeat when you are away from the doctor's office. It is a small ECG (electrocardiogram) machine that you carry with you. The doctor can look at this recording later to see if your heart is beating like it should. You might get your heart monitor in a hospital, a test center, or your doctor's office.

Your doctor will tell you how long you need to wear the monitor. For most people, this will be 24 to 48 hours. We show you how to use it.



What Happens When You Get a Holter Monitor

- We place wires on your chest using small, painless sticky pads called electrodes. The wires plug into the monitor.
- The monitor clips onto pants or a belt. Or you can carry it on a shoulder strap.
- You keep the monitor with you at all times.
- ✗ **Don't** take a shower! A sponge bath is okay, but don't get the monitor or wires wet.
- Follow your normal routine. Don't avoid stress, work, or exercise.
- Try to sleep on your back.
- ✗ **Don't** use an electric blanket, and stay away from magnets, metal detectors, and large power lines. They may affect the recording.

How to Use the Diary

- Make an entry for each different thing you do in the day. This includes when you take medicine.
- Write in the time of day for each entry.
- Write down any symptoms you feel during that activity.

Sample Holter Monitor Diary		
Time	Activity	Symptom
7:00 am	took medicine	none
7:30 am	ate breakfast	none
8:00 am	drove to work	heart beat faster
9:00 am	meeting with boss	heart beat faster

Questions? Call Us!

Heart Station, Diagnostic Center, 2nd Floor – Main Hospital

Phone: (505) 272-2403 7:00 a.m. – 5:00 p.m.

After 4:00 p.m. call 272-2111. Ask for the "Cardiology Fellow" on call.

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