

24-hour holter monitor

Your doctor has recommended you undergo a test called a 24-hour holter monitor.

You might not have heard this medical term before now and may be feeling unsure about the nature of the test.

This information sheet outlines what the test involves.

After you read this information sheet, you might still have questions. If you do, please contact the team at Heart HQ. We're here to help.

1. What's a 24-hour holter monitor?

The 24-hour holter monitor is a non-invasive test that uses a small pager-sized device to record your heart rate and rhythm continuously for 24 hours. While wearing the holter monitor you will record any episodes of dizziness, palpitations or blackouts.

Once the test is completed, your cardiologist will review the recorded rhythms and heart rate, analysing them at the times you had symptoms to determine the cause.

2. How does it work?

The device records the data from several stickers attached to your chest wall that are connected by leads to the monitor. During the test you are encouraged to go about your normal daily activities, including exercise. You just need to make sure that the device leads and electrodes don't get removed or wet.

After 24 hours, you'll return to our clinic to have the monitor removed and discuss any symptoms that may have occurred during the monitoring period. We'll then analyse the monitor results and set up a follow-up appointment.

3. Preparation

We suggest you shower just before you get the monitor connected, and wear a two-piece outfit during the 24-hour period of the test.

Our commitment to you

As a patient of Heart HQ, you can be assured we will always strive to act in your best interests and we will only recommend tests and procedures we believe will benefit you.

Everyone has questions, and we want to answer yours. Please contact your doctor to talk over any concerns you might have.

World-class cardiac care

 07 5414 1100  07 5414 1101  admin@hearthq.com.au

**Heart HQ Central
Sippy Downs**
Suite 5, Atria
44 Central Drive
Sippy Downs QLD 4556

Birtinya
Suite 4, Ground Floor
Sunshine Coast University
Private Hospital
3 Doherty Street
Birtinya QLD 4575

Noosa–Tewantin
Suite 1
66 Poinciana Avenue
Tewantin QLD 4565

Gympie
Ramsay Medical
Consulting Suites
70–72 Channon Street
Gympie QLD 4570

Buderim
Buderim Private Hospital
12 Elsa Wilson Drive
Buderim QLD 4556

Caboolture
Consulting Suites
Caboolture Private Hospital
McKean Street
Caboolture QLD 4510

Nambour
Nambour Selangor
Private Hospital
62 Netherton Street
Nambour QLD 4560