

DANBURY HOSPITAL

Patient Education Sheet

What is a 24 Hour or 48 Hour Holter Monitor?

Why is a Holter Monitor ordered?

Your doctor ordered a Holter Monitor for you to continuously record the rhythm of your heart for 24 to 48 hours. It is especially useful in diagnosing abnormal heart rhythms, primarily rhythms which are less frequent, and are felt by you.

An abnormal heart rhythm, called an arrhythmia is a change in either the speed or pattern of the heartbeat. During an arrhythmia, the heart may beat too rapidly, too slowly or irregularly. Doctors can diagnose an arrhythmia by obtaining an electrocardiogram (EKG), a recording of the heart's electrical activity. During a standard EKG test, the heart's electrical impulses are recorded on a strip of moving paper. Quite often, an arrhythmia will not occur during the brief period (less than a minute) of actual recording at the doctor's office.

If your doctor suspects you have an arrhythmia, and you are having symptoms from the arrhythmia, he or she will want to attempt to record the symptomatic arrhythmia. Holter monitoring allows your doctor to record your EKG over a period of 24 to 48 hours, without interruption to your work and personal life.

Holter Monitors help to:

- Detect arrhythmias that may not occur during a standard EKG
- Assess recurrent symptoms such as dizziness, palpitations or fainting spells

- Evaluate the effectiveness of anti-arrhythmic treatments
- Help to determine whether areas of the heart do not receive enough blood supply

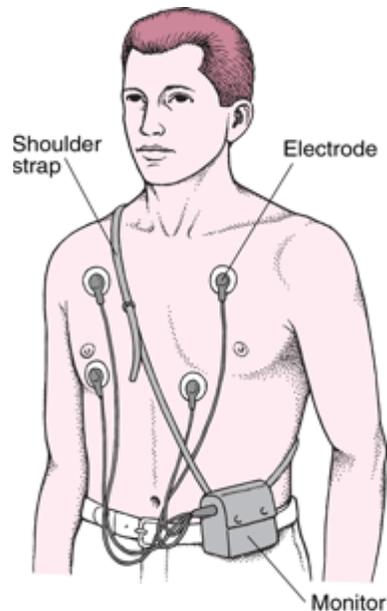


Image source: www.merck.com

How long will this test take?

Plan to be in the testing area for thirty (30) minutes. You will be in possession of the monitor for 1-2 days.

****You will be required to return the monitor after the 24-48 hours to the location where you received.***

Prior to the test- What do I need to do?

No special preparations are necessary before you come to the department for the test. Please do not apply lotions or powder to the skin of your chest the day of your appointment.

Day of the test- What can I expect?

- After you have registered in the cardiology department a cardiology technician will take a brief medical history including a list of any medications you are taking.
- The technician will explain the test further to you and answer any questions you may have.
- Several areas on your chest will be cleansed with alcohol and an abrasive lotion, to ensure good electrode contact. Men may need to have some areas of their chest shaved. The electrodes have an adhesive back which will allow them to be adhered to your chest.
- Lead wires will then be connected to the electrodes. The technician will check the system to make sure it is working properly.
- You will be given written instructions to take home regarding what you can and cannot do while wearing the monitor as well as instruction about how to return the monitor. You will also be provided with a diary to note your activities and symptoms.

How will I get the results of the test?

Once you return the recorder to the Cardiology Department, the information in the monitor is retrieved and scanned by a Cardiology technician. A Cardiologist then reviews the information, and a report will be sent to the physician who ordered the test for you. Your doctor should have the report within five days of you returning the monitor.

Directions to your appointment

****There are three testing locations, check to make sure you know where your appointment is scheduled.***

Danbury Hospital Medical Arts Center- Located at 111 Osborne Street, Danbury, CT., park in any available parking space, or in the Gold parking garage. Enter the main lobby on the first floor for registration, and then proceed to the third floor.

If you have further questions, please call **(203) 739-4999**.

Southbury Cardiovascular Center- Located at 22 Old Waterbury Road, Southbury, CT., upon arrival please register with Cardiology Reception, in Suite 107.

If you have any further questions, please call **(203) 262-4234**.

Ridgefield Cardiology- Located at 21 South Street, Ridgefield, CT., upon arrival please register at the reception desk.

If you have further questions, please call **(203) 438-1323**.

Brookfield Cardiology- Located at 2 Old New Milford Road, Brookfield CT. Enter the main lobby on the first floor and take the elevator to the 2nd Floor. Upon arrival, please register at the reception desk, in Suite 2D.

If you have further questions please call **(203) 775-6292**.

Danbury Hospital In-Patient Services Only

If you have any questions, please call **(203) 739-4999**.

Source: Danbury Hospital Praxair Regional Heart and Vascular Center.

05/2008; Rev 03/12

For more information, or to learn about the specialized services and programs available at Danbury Hospital, please visit www.westernconnecticuthealthnetwork.org