



# CARDIOLOGY

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## OF CENTRAL ALABAMA

### ➤ Guidelines for Patients with Portable Monitoring Devices

#### ○ Holter Monitors

- A holter monitor is a 24- 48 hour recording of the heart's rhythm during normal daily activity. Applying the monitor only takes 15 to 20 minutes. Please wear two-piece clothing with a button-up-the-front shirt or blouse.
- **Before the Procedure:**
  - You should bathe before this appointment, because once your monitoring begins, you cannot get the monitor wet or remove the monitor to bathe.
- **During the Procedure:**
  - A technician will place the electrodes that sense your heartbeat on your chest. For men, a small amount of hair may be shaved to make sure the electrodes adhere to the skin. The technician will then connect the electrode to a recording device with several wires, and will instruct you on how to properly wear the recording device, so it can record data transmitted from the electrodes. Once your monitor is fitted and you've received instructions on how to wear it, you can leave your doctor's office and resume your normal activities.
  - Holter monitoring is painless and noninvasive. You can hide the electrodes and wires under your clothes, and you can wear the recording device on your belt or attached to a strap. Once your monitoring begins, do not take the holter monitor off — **you must wear it at all times**, even while you sleep.

▪ **After the Procedure:**

- You will be instructed to keep a diary of all the activities you do while wearing the monitor. It's particularly important to record in the diary any symptoms of palpitations, skipped heartbeats, shortness of breath, chest pain or lightheadedness.
- Once your monitoring period is over you are required to return to return the holter monitor to the physician's office so it may be read and interpreted by the physician. A nurse or technician will remove the electrodes from your chest, which may cause some discomfort, similar to a bandage being pulled off your skin.
- You will turn in the diary you kept while you wore the holter monitor. When the holter monitor is interpreted, your doctor will compare the data from the recorder and the activities and symptoms you wrote down. If your heart rhythm changed while you completed strenuous activities or experienced symptoms, knowing that information can help your doctor diagnose your condition.

▪ While wearing the device, avoid:

- Electric blankets
- High-voltage areas
- Magnets
- Metal detectors

**Holter monitor:**



- **Event Recorder**

- An Event Recorder is a recording device used to record the heart rhythm. You can wear the recorder for 14 to 30 days, while you go about your usual daily activities. When you feel symptoms, you press a record button and the event monitor records and stores up to five events of your heart's electrical activity. The Event Recorder is about the size of a pager. You can clip it to a belt, your pants, or place it in your pocket. Two electrodes are worn on your chest. A wire attaches the electrodes to the Event Recorder. The Event Recorder is worn day and night while continuously monitoring your heart's electrical activity.
- There is no special preparation for event monitoring. You may eat and go about your normal activities, unless you are told otherwise. Make sure you wear a two-piece outfit to make the Event Recorder easier to hook up.
- If you have been having recurrent symptoms, such as dizziness, chest pain, palpitation, or fainting spells, the doctor will use an Event Recorder to help determine if these symptoms are caused by an arrhythmia. If your symptoms are infrequent, you may also require the use of an Event Recorder to catch your EKG during your symptoms
- During an arrhythmia (abnormal heart rhythm), the heart will either beat too fast, too slow, or irregularly. Doctors can diagnose an arrhythmia by obtaining an EKG, a recording of the heart's electrical activity. Quite often, an arrhythmia will not occur in a brief period of actual recording like when you are getting an EKG at your doctor's office. If your doctor suspects you have an arrhythmia, he or she will want to record the EKG when you are having symptoms.
- **Before the Procedure:**
  - Applying the monitor only takes 15 to 20 minutes. Please wear two-piece clothing with a button-up-the-front shirt or blouse.
- **During the Procedure:**
  - A technician will place the electrodes that sense your heartbeat on your chest. For men, a small amount of hair may be shaved to make sure the electrodes adhere to the skin. The technician will then connect the electrode to a recording device with several wires, and will instruct you on how to properly wear the

recording device, so it can record data transmitted from the electrodes. Once your monitor is fitted and you have received instructions on how to wear it, you can leave your doctor's office and resume your normal activities.

- Event recording is painless and noninvasive. You can hide the electrodes and wires under your clothes, and you can wear the recording device on your belt or attached to a strap.

▪ **After the Procedure:**

- Once your monitoring period is over, you will receive instructions on how to return the event recorder back via mail. All reports of your monitor will be sent directly to our office and we will contact you with the results.

**Event Recorder:**

