



# Holter Monitor

Information for patients

## Your heart beats because of electricity

Whenever your heart beats the process is started by an electrical impulse in the top right corner of your heart. This impulse then travels in a diagonal direction to the bottom left hand corner of your heart and spreads to various other parts of the heart along the way causing the muscles of the heart to contract and make the heart beat. This impulse can be picked up and tracked via an ECG to check on the electrical conduction pathways of the heart.

## Why is it important to monitor?

It is important to monitor this impulse as variations to it may cause abnormal heart beats or rhythms and have serious consequences. The best method of doing this is to have a 24 or 48 hour Holter Monitor which is continuous monitoring of your heart rhythm through an ECG. Variations in your heart rhythm may cause you to feel palpitations, racing heart, an irregular rhythm, shortness of breath, missed or skipped beats, extra beats, dizzy or light headed. In some cases an abnormal heart rhythm can lead to fainting, blackouts and in some cases may be life-threatening.

## Your doctor may refer you for Holter Monitoring if you have:

- \* Been experiencing symptoms such as:
  - palpitations
  - racing heart
  - irregular pulse
  - shortness of breath
  - missed or skipped beats
  - extra beats
  - fluttering
  - thumping
  - dizziness or lightheadedness
  - fainting episodes
  
- \* A diagnosed cardiac condition that requires ongoing monitoring.
- \* A pacemaker or implantable cardiac device to ensure it is functioning correctly.
- \* A medical condition that may impact on your heart health.

## How it Works

Once your doctor has given you a referral, it's just a matter of making an appointment to be fitted at your closest Sullivan Nicolaides Pathology collection centre. During your appointment, a trained Sullivan Nicolaides Pathology staff member will place a number of adhesive dots on your chest area and then connect them to a lightweight electronic device via a series of wires.

Whilst the monitor is fitted, it is important that you continue with your normal daily activities (with the exception of bathing/showering/swimming and contact sports). You will be asked to record your activities (including sleep) and symptoms in a diary as this may help your doctor identify particular triggers for your symptoms and help inform diagnosis and treatment.

The device will be removed by an SNP staff member 24 hours or 48 hours later. The data is then reviewed by a cardiologist and a detailed report sent to your doctor.

## How to make an appointment

Holter monitors are fitted by appointment only.

Cardiology services are provided at selected centres across Queensland, Northern New South Wales and the Northern Territory. For the location and telephone number of your nearest collection centre, please visit our website at [www.snp.com.au](http://www.snp.com.au) or phone our Patient Services Support team on (07) 3377 8747 or 1300 732 030.

## Preparation

To prepare for your Holter appointment, please:

- shower before your appointment as you cannot shower again until the monitor is removed
- wear loose, 2-piece clothing for ease of fitting and removal of the monitor
- bring a list of your medications

## Duration

Up to 30 minutes to attach and 15 minutes to detach.

## Fees

There is an out-of-pocket expense for this test. Patients are required to pay the out-of-pocket fee upfront, prior to the test being performed. Concession fees are available.

## Your results

A comprehensive report will be sent to your doctor within several working days.

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