

What is Ambulatory Holter Monitoring?

A holter monitor is a device which records the activity of your heart over a 24 hour period. This helps your doctor to determine your cardiac health status. You will need to wear the monitor on your person for a 24 hour period. You will not be able to shower or use an electric blanket whilst wearing the monitor. The monitor is battery operated and light weight. It is recommended that loose, comfortable upper clothing is worn on the day the monitor is being fitted.

What happens during Holter Monitoring?

- The monitor is pre-programmed to measure and record your heart rate, the regularity of the pulse during palpitations, and any associated features.
- Leads are attached to the chest wall via electrodes and Hyperfix tape.
- You will be requested to keep a diary of symptoms, so that symptoms occurring while pursuing normal activities can be correlated with readings.
- You are required to press an event button when symptoms occur.
- At the end of the monitoring period, the monitor is removed and the data collected is downloaded to a computer and analysed, enabling a full report to be forwarded to your doctor.

How long does Ambulatory Holter Monitoring take?

The fitting of the holter monitor takes ten to fifteen minutes and you will be required to wear the monitor for a 24 hour period. You will therefore be required to return to the Cardiac Centre to have the monitor removed the following day.

How much does Ambulatory Holter Monitoring cost?

A Medicare rebate is applicable for ambulatory holter monitoring. There will be a small out-of-pocket expense.

Where is the Calvary Cardiac Centre located?

The Calvary Cardiac Centre is located on the ground floor of Calvary Hospital (Lenah Valley Campus). Limited parking is available from the western approach to the Hospital.

Do you require additional information?

Our qualified staff at the Calvary Cardiac Centre will be happy to help you.