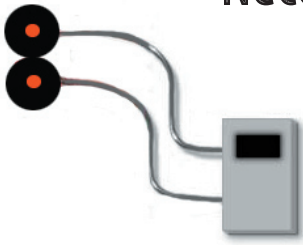


## Why is a 24-Hour Holter Monitor

### Necessary?



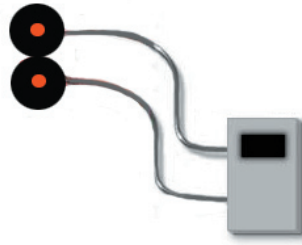
The Holter monitor may be worn for a variety of reasons. Your cardiologist may want a recording of your episodes of chest pain, irregular or fast heart rates, dizziness, or fainting spells. It may also be done to see if a new heart medication you are taking is working properly.

Palpitations and fainting spells are a sign of abnormal heart rhythms or arrhythmia. Since these can often go unnoticed, physicians at The Dallas Heart Group use holter monitoring to diagnose this condition.

If no suspected rhythm problems appear during the monitoring period, another device called a loop or event monitor, can be worn for an extended period. This event recorder transmits information to The Dallas Heart Group via the telephone, to allow your physician to analyze the severity of the rhythm disorder. In some situations, a more detailed analysis is required. In these cases, a recorder called "Reveal" can be implanted under the skin to detect any changes in heart rhythm and store the information automatically. This information is retrieved and analyzed for appropriate treatment.

## What is a

### Holter Monitor?



A 24-hour Holter monitor is an electrocardiogram, or EKG, record of your heart's activity.

The test is done over a 24-hour period of time as you go about your daily activities. It is safe and painless. A Holter monitor is a small box the size of a Walkman or transistor radio. It has five small cables that are attached to electrode patches and placed on your chest. The monitor is attached to your belt or carried in a pouch with a strap around your neck. The monitor records the activity of your heart on a magnetic tape. After you return the monitor, the results are played back and reported to your doctor.

After the monitor is attached, you will be instructed by the nurse or EKG technician to go about your normal daily activities. A diary is given to you by the technician and you will be asked to keep a record of your activities. Symptoms such as chest pain, shortness of breath, dizziness, or irregular beats of your heart should also be noted. Please record the times of activities or any symptoms in the diary because the monitor has a clock, and the results will be matched up with your diary.

## Special Instructions About This Test

You will not be able to take a bath, shower, or get your chest area wet during the 24-hour test.

The monitor records on a magnetic tape, so you must not have x-rays during this test as they will interfere with this tape.

Take all your regular medicine as usual.

You will be contacted with the results. If needed, your followup visit will be:

\_\_\_\_\_ at \_\_\_\_\_.



The Dallas Heart Group

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HOLMON-09.21.06