

# Illinois Heart & Lung Associates - Patient Services

## Holter and Event Monitoring

Recording an Irregular Heartbeat

### What are Holter and Event Monitoring?

Holter and event monitoring are two painless ways to record your heartbeat away from the doctor's office. Each one is a small electrocardiogram (ECG) that you carry with you. They record your heartbeat for your doctor to review at a later time. The Holter records your heartbeat nonstop for at least 24 hours. The event monitor lets you record your irregular heartbeat as you feel it. You simply press a button. You may carry this monitor for days or weeks. You can receive your heart monitor in a hospital, test center, or doctor's office.



### Your Holter Monitor

When you receive a Holter monitor, small, painless pads (electrodes) are put on your chest. These connect to the lightweight unit, which attaches to a belt or shoulder strap. You need to keep the device on for at least 24 hours and complete a diary.

While wearing the monitor follow these tips:

- Try to sleep on your back.
- Don't take a shower. A sponge bath is OK.
- Follow your normal routine. Don't avoid stress, work, or exercise.
- If an electrode falls off or the unit makes noise, call to see what you should do.
  - \* You'll be shown how to use your Holter monitor.
  - \* Be sure to keep a diary while wearing a monitor.

### Your Event Monitor

After you are shown how to use your event monitor, carry it with you at all times. When you feel a symptom, activate the monitor by pressing a button (wristwatch style) or holding it to your chest (small box or credit card style). Be sure to keep a diary.

### When Using a Monitor

Stay away from electric blankets, magnets, metal detectors, and high-voltage areas such as power lines. They may affect the recording.

### Holter Monitor

*In the diary:*

- Write in the time of day for each entry you make.
- Note each change in activity, including when you take medicine.
- Note any symptoms you feel.

### Sample Holter Monitor Diary

Time	Activity	Symptom
7:00 am	Took medicine	None

7:30 am	Ate breakfast	<i>None</i>
8:00 am	Drove to work	Heart beat faster
9:00 am	Meeting with boss	Heart beat faster

Note: Your diary entries will differ from the samples shown above

### **Event Monitor**

*In the diary:*

- Write the date and time for each entry you make.
- Note any symptoms you feel and what you are doing at that time.
- Note when you take your medicine.

### **Sample Event Monitor Diary**

Date	Time	Activity	Symptom
May 12	8:00 am	Got dressed	Felt dizzy
May 15	9:15 am	Drove to work	Mild chest pains
May 21	5:56 pm	Shopping	Felt Dizzy

Note: Your diary entries will differ from the samples shown above.

### **Your Test Results**

You will be told how to return the monitor and data. A computer is usually used to analyze the data. Then a report is prepared for your doctor, who will discuss the results with you.