



Holter Monitoring:

Preparation for the test:

No special preparation is required.

It is preferred that female patients wear separate upper and lower clothing rather than a dress.

Please take medications as normal.

There is no need to fast for this test.

Please let us know if you have a history of skin irritation with medical tapes or dressings.

Test Information:

A Holter Monitor is used to record heart rhythm over a set period (usually 24hrs), to check for heart arrhythmias.

The test is harmless and painless.

No medication is given for the test.

Leads are attached to three skin patches on the patient's torso, and a small device is carried on a belt around the waist.

It takes approximately 10 minutes to attach the device on day one, and about 2 minutes to detach the device on the next day.

The Holter device must not get wet

After the test:

There are no special requirements for the patient after the test. No drugs are given, so patients can drive as normal.

Test Results:

Heart rhythm recordings will be sent to one of our Senior Cardiologists for assessment in Melbourne. Results are typically back with the referring doctor within three days.

If your results are urgently required due to pending treatment or consultation, please let us know and we'll do our best to meet your deadline.