

# Holter Monitoring

A continuous, twenty-four hour electrocardiographic (EKG) recording of the heart's rhythm to determine if rhythm disturbances are present and whether or not they need to be treated. This test is done most commonly for one of three reasons: a patient feels one or more of these disturbances such as palpitations (ectopy) or rapid heart rate (tachycardia); a patient is having symptoms (such as dizziness or fainting) which may be due to tachycardia and/or bradycardia (slow heart rate); To determine if a patient's pacemaker or defibrillator is working properly.

A portable digital recorder about the size of a deck of cards is connected via 5 adhesive electrodes to the patient's chest. This device records every heartbeat over the 24-hour period it is worn. When it is returned, the information is scanned by special computer software. A diary is given to the patient to document daily activity to allow symptoms and activities to be correlated with the recording.

