

Holter Monitor

Your doctor has requested a Holter Monitor (Electrocardiogram) test.

As this requires you to be fitted with the monitor for 24 hours, you will need to contact your chosen TML Pathology clinic to make an appointment.

How do I Prepare for my Test?

- Continue taking your medication as usual, unless specified otherwise by your doctor.
- It is recommended to shower or bathe before your appointment as you will be unable to do so while the Holter Monitor is fitted.
- It is recommended you wear a loose fitting shirt or blouse that will allow for the monitor to be worn comfortably and inconspicuously.
- Female patients should not wear 'underwire' bras during the test period.

What to Expect

- Once the monitor has been fitted onto your chest you will be free to go about your day as normal. It is not uncommon to experience some minor skin irritation caused by the glue on the sticky dots.
- You will be required to keep a diary to note your activity and/or accompanying symptoms throughout the day. Be sure to note all symptoms such as heart pounding, nausea, shortness of breath or dizziness, or any pain in the upper body.

Important

- You cannot swim, shower or bathe while wearing the monitor.
- Avoid using magnetic bedding, electric blankets and mobile phones for the duration of the tests as this can interfere with the operation of the Holter Monitor.

Find a collection centre

For a full listing of our collection centres and operating hours, or to find another centre close by, please scan the QR code with your smart phone.

