

WHAT DOES IT COST?

Active Health Patients	\$80
Active Health patients with concession cards	\$50
Non Active Health patients	\$120
Non active Health patients with concession cards	\$80

APPOINTMENTS

Holter monitor On	
Holter monitor Off	
Follow up with GP:	

FOR MORE INFO

Phone: 03 4504 2515

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24 HOUR HOLTER MONITORING

WHAT IS A HOLTER MONITOR?

A Holter monitor is a 24-hour non-invasive test that uses a small device to record your heart rate and rhythm for 24 hours while you go about your day-to-day activities. You will have 5 sticky dots with fine electrical cords attached to your chest that are connected to the small portable monitor.

WHAT DO I NEED TO DO WHILE WEARING THE MONITOR?

Continue with your daily life. You will receive a Holter Monitor Diary to record any symptoms you experience throughout the day such as chest pain, shortness of breath, palpitations or dizziness. When these symptoms occur press the event button on the monitor immediately and record the time, what you were doing and what you experienced.

WHY IS IT DONE?

Holter monitors can help explain what is happening to your heart rhythm and why you may be having palpitations (racing heartbeat), 'funny turns', dizziness, blackouts or fainting. This test will also pick up if your heart rate is too fast, too slow or irregular.

WHAT DO I NEED TO DO TO PREPARE?

You will need to book an appointment with the practice nurse to get the device fitted and then another on the same time the next day to get the device removed. It is recommended to shower before coming in as you cannot shower with the device on. Take all your medications as normal. Don't put any creams on your chest and if you have a medication patch make sure its not on your chest day of your appointment. It is important that the electrodes stick well so for those with chest hair this may need to be shaved. Some people experience some minor skin irritation from the adhesive on the sticky dots.

