

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

Email: reception@activehealthportland.com.au



HOLTER MONITORING

WHAT IS A HOLTER MONITOR?

A holter monitor is a non-invasive test that uses a small device to record your heart rate and rhythm for a period of time while you go about your day-to-day activities. This machine entails you to have 3 sticky dots connected to the small portable monitor on your chest.

WHAT DO I NEED TO DO WHILE WEARING THE MONITOR?

Continue with your daily activities. 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 double tap the event button on the monitor immediately and record the time, what you were doing and what you experienced in the event diary.

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 2 appointments with the practice nurse; one to get the device fitted and then another to get the device removed. For the appointment take all your medications as normal. Don't put any creams on your chest and if you have a medication patch make sure it's 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. You will be able to have a short shower only while wearing the device, please pat the device dry once completed. Do not submerge the device in water.

