Holter, Blood Pressure & Event Monitoring

Blackrock Clinic
Rock Road, Blackrock, Co. Dublin
Tel.: 01 2832222
Freephone: 1800 60 10 60

www.blackrock-clinic.com

When your Experience Needs Ours
**What is a Holter Monitor?**

This simple test involves wearing a small monitor that is attached to your chest. It records your heart beat silently for 24/48 hours.

**What happens during the test?**

- You will be asked to undress to the waist; your skin will be wiped and prepared with an abrasive sheet. If necessary your chest will be shaved.
- 3 electrodes will be placed on your chest and the electrodes will be attached to the monitor.
- You will be asked to return the monitor at the same time the next day or after 48 hours. Should you get a monitor on a Friday you will be asked to take it off yourself and to return it to the main hospital reception.
- After the monitor is returned, the contents are downloaded and analysed by a cardiac physiologist and the results sent to the appropriate doctor.

**This test takes approximately 20 minutes**

**While wearing the monitor:**

- It is advisable to wear a loose fitting shirt or blouse.
- Take your normal exercise but do not do anything that might damage the monitor.
- The monitor must not get wet, do not bathe or shower while wearing it.

**NB Should you be wearing this monitor for longer than 48 hours you will be instructed on how to change electrodes, so you can wash.**

---

**What is a Blood Pressure Monitor?**

This simple test involves wearing a small monitor, carried over your shoulder or at your waist. It records your blood pressure for 24 hours via a cuff on your arm.

**What happens during the test?**

- A cuff will be attached to your arm and the monitor attached.
- The monitor will be tested by taking one blood pressure reading. If all is fine, the monitor will be set on an automatic mode.
- Your blood pressure will be recorded every 30 minutes and only every 60 minutes during the hours of 10pm and 7am.
- You will return the monitor at the same time the next day. Should you get a monitor on a Friday you will be asked to take it off yourself and to return it to main hospital reception.
- The results will be downloaded from your monitor and analysed. The results will be sent to the referring doctor.

---

**What is an Event Monitor?**

This test involves wearing a small monitor for a period of a week. You will be instructed on how to set it up, so you can continue to shower during the testing period.

**What happens during the test?**

- You will be asked to undress to the waist; your skin will be wiped and cleaned with an alcohol swab, if necessary your chest will be shaved.
- 2 electrodes will be attached to your chest, and you will be instructed on how to use the monitor.
- After one week you can return the monitor and the results are downloaded and analysed and sent to the referring doctor.