



Blackrock Clinic

CARDIOLOGY DEPARTMENT

Holter, Blood Pressure & Event Monitoring



Blackrock Clinic

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SMALL STEPS - BIG CHANGES

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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.