Cardiac Holter monitoring records your heart’s activity. It can recognise abnormal heartbeats during normal activities, exercise and sleep.

What do I have to do?

It’s important to record your daily activities (meal-times, exercise, bedtime) and any symptoms you feel.

Please remember:

- Don’t touch or adjust the electrodes
- Don’t get the electrodes or monitor wet (don’t swim, shower or bathe)
- Don’t have an X-ray
- Avoid using an electric blanket.

What are the risks of cardiac Holter monitoring?

There are no significant risks involved in wearing a Holter monitor. However, you may have some skin irritation around the electrodes.

Key things to remember

When you return to the hospital to have the monitor taken off, please remember to bring your record of your daily activities and symptoms.