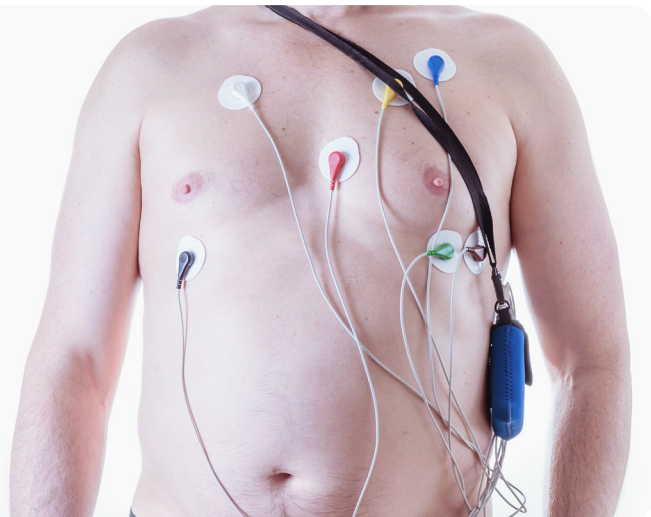


24-hour Holter Monitoring



Definition: A 24-hour Holter monitor is a portable device that continuously records the heart's electrical activity over a 24-hour period. It is a non-invasive diagnostic tool used to detect and analyze irregularities in the heart's rhythm and electrical conduction that may not be captured during a standard ECG.

How Is a 24-Hour Holter Monitoring Done?

1. **Placement of Electrodes:** Small, adhesive electrodes are attached to the chest. The electrodes are connected to a portable Holter monitor.
2. **Wearing the Holter Monitor:** The monitor is typically small and can be carried in a pocket or worn on a belt. The individual wears it continuously for 24 hours, during which time they go about their usual activities.
3. **Recording:** The Holter monitor continuously records the heart's electrical activity throughout the monitoring period. Individuals may be asked to keep a diary noting any symptoms, activities, or events that may coincide with changes in heart rhythm.
4. **Removal of Holter Monitor:** After 24 hours, the individual returns to the healthcare provider to have the electrodes and monitor removed.

What can a 24-Hour Holter Monitoring tell us?

- **Intermittent Arrhythmias:** It is particularly useful for capturing irregular heartbeats or arrhythmias that may occur infrequently and are challenging to diagnose with a standard ECG.
- **Correlation with Symptoms:** Helps correlate symptoms such as palpitations, dizziness, or fainting with specific changes in the heart's electrical activity.

How long does it take?

The procedure itself involves the initial placement of electrodes, which takes a short time, and then the individual wears the monitor continuously for 24 hours. After this period, the monitor is removed during a follow-up visit.

Risks and side effects

Holter monitoring is a safe and non-invasive procedure with minimal risks. The adhesive used for the electrodes may cause mild skin irritation in some individuals.

Pre and post procedure care

Pre-Procedure:

- No specific preparation is usually required.
- Wear comfortable clothing, as the monitor needs to be worn continuously for 24 hours.

Post-Procedure:

- Resume normal activities after the monitor is removed.
- Provide the healthcare provider with any recorded symptoms or events noted in the diary.
- The healthcare provider will analyze the data recorded by the Holter monitor and discuss the results during a follow-up appointment.