


Harefield Hospital

# 24-hour ECG (Holter monitoring)





This leaflet gives information about your 24-hour ECG (electrocardiogram). A 24-hour ECG is also called Holter monitoring. The leaflet does not replace personal advice from a healthcare professional. Please ask staff in the Cardiology/ECG department if you have any questions.

## **What is a 24-hour ECG?**

A 24-hour ECG records your heart rhythm over 24 hours. The monitor is about the size of a mobile phone, and you will need to wear it around your waist. You do not need to stay in hospital, and you can carry on with your normal daily activities during the test.

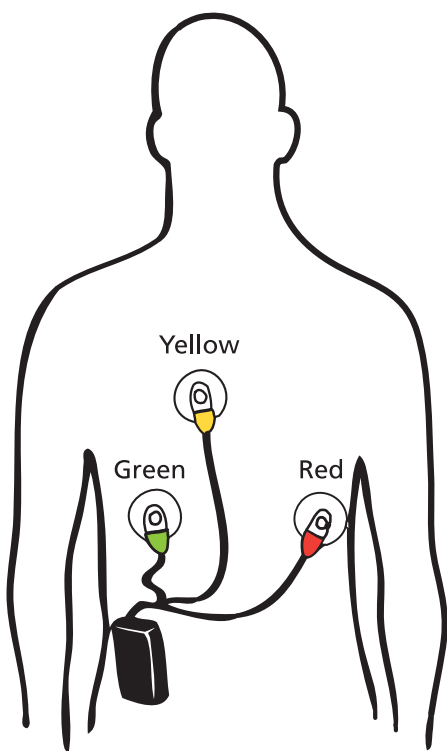
## **Why do I need a 24-hour ECG?**

You may have had symptoms such as palpitations (the feeling of strong or fast heart beats), dizziness, chest pain or shortness of breath. A routine ECG has not shown up any problems, so we would like to monitor your heart over 24-hours to get a better picture.

## **Fitting the monitor**

A cardiac physiologist will put three electrodes on to your chest. Electrodes are small sticky patches, connected to a monitor with leads. You wear the monitor around your waist clipped into a belt or waistband.

Fitting the electrodes and monitor takes about 20 minutes.



## **Wearing the monitor**

You should continue with your normal daily activities, including sport.

You should wear the monitor day and night. Please do not adjust the monitor without speaking to the physiologist first.

The physiologist will show you how to remove and reconnect the monitor so that you can have a bath or shower at home. Only remove the monitor when you have a bath or shower, and reconnect it immediately afterwards.

## **Avoid interference**

Microwave ovens and electric blankets can interfere with the monitor. Please do not:

- stand in front of a microwave that is being used
- sleep with an electric blanket that is switched on.

You can use your mobile phone as normal.

## **After the test – returning the monitor**

Please return the monitor as soon as possible after your test. If you do not return your monitor promptly, we may have to cancel appointments for other patients.

Return the monitor to the cardiology department, or the main reception at Harefield Hospital.

You can return the monitor by post, if agreed with the cardiac physiologist before your ECG. Please send the monitor by special delivery, with insurance.

## **Your results**

Once you have returned the monitor, your medical team will look at the results. If necessary, they will contact you to arrange a follow-up appointment to discuss your treatment.



## More information

If you have any questions, please contact the Cardiology / ECG Department:

**01895 823 737** extension **85566** or **85410**

Problems with the monitor are rare, and may only be resolved the following day. If you need to call out of hours, please call Harefield Hospital switchboard **01895 823 737**, and you will be put through to an on-call cardiac physiologist. Please only call out of hours in an emergency.

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If you have concerns about any aspect of the service you have received in hospital and feel unable to talk to those people responsible for your care, call the Patient Advice and Liaison Service (PALS) on 01895 826 572 or email [pals@rbht.nhs.uk](mailto:pals@rbht.nhs.uk). This is a confidential service.

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Foundation Trust

## **Language and accessible support services**

If you need an interpreter or  
information about your care in a  
different language or format, please  
contact the department your  
appointment is with.

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