

CARDIAC MONITORING

HOLTER MONITOR

A holter monitor is a portable EKG that allows your cardiologist to see your heart's electrical activity for a period of 24 or 48 hours. Your physician may want to monitor your rhythm if you experience palpitations, dizziness, syncope (pass out), chest pain, shortness of breath, fatigue, or irregular rhythms. Electrodes are attached to the skin and the monitor is connected to these electrodes with wires. You can do all of your normal activities except showering or bathing (the monitor cannot get wet). You will keep a diary of activities and symptoms when they occur. The monitor will be scanned and your physician will read the report.

EVENT MONITOR

An event monitor is a monitor that records your heart's electrical activity when you make a recording of your symptoms. An event monitor can be worn for a few weeks. Your physician may order an event monitor if you experience palpitations, dizziness, syncope (pass out), or irregular rhythms. If your symptoms are infrequent your physician will order this type of monitor. Electrodes are attached to the skin and the monitor is connected to these electrodes with wires. You can do all of your normal activities. The monitor needs to be removed for showering, bathing, or swimming (the monitor cannot get wet). When you make a recording of your symptoms (an event), you will call an 800 number to transmit the event to the monitoring company who will fax an EKG of your event to your physician to read. At the end your physician will compile a report from all of your event transmissions.

Your cardiologist will discuss with you and decide, based on your current health condition, which test is right for you.