



FAMILY AND SPECIALTY MEDICINE

2 CHAMPAGNE DRIVE (CHAMPAGNE CENTRE) UNIT B10, TORONTO M3J 2C5

CARDIOLOGY DEPARTMENT

Holter Monitoring Test

Appointments for Holter Monitoring test are available on referral basis only and are fully covered by OHIP.

Appointment and Testing Instructions:

- **Refrain from showering or swimming for the duration of the test.** Holter Monitors are not water proof and must be on you at all times. We recommend showering before you arrive and put your Holter Monitor on.
- While wearing the device **keep away from magnets, metal detectors, high voltage areas, electric razors and toothbrushes and keep phones or music players at least 6 inches away from your chest.** These can cause interruptions to the signals and skew the results.
- Do not worry if skin feels irritation where the electrodes are placed on the body. This should go away quickly. Go about normal day-to-day activity. Do not be afraid to exercise just ensure it is recorded in the journal.
- Must bring a **VALID HEALTH CARD, ALL MEDICATIONS** currently taking and a translator if cannot speak English. If Health Card is not valid or expired, uninsured visit charges will apply.
- Patient will be asked to read and sign the consent form prior to starting the test.
- Patients who wish to **RESCHEDULE** or **CANCEL** their appointment must do so at least 48 business hours in advance to avoid a **NO-SHOW** fee of \$113.

Description of Test: Holter Monitoring

A Holter Monitoring test measures the heart's rhythm throughout the day. Doctors will prescribe the monitor for 24 or 48 hours. Patient must keep the monitor on the entire time, even while sleeping. Five electrodes will be attached to patient's chest and monitor the electric activity coming from the heart. This information is transferred to the recording device attached to a belt or another carrying container given by physician. The monitor will measure the heart's electric activity so that the physician can check for any abnormalities that may happen throughout the day. Patient should go through normal daily routine but keep a detailed journal of everything done. Be sure to specify if any physical activity is being done, especially if heart rate increases or decreases, or any skipped heart beats are noticed.

For more information about the services provided at the Polyclinic Cardiology Department or for referral information please contact us at 416-222-6160 EXT. 243.

2 CHAMPAGNE DRIVE (CHAMPAGNE CENTRE) UNIT B10 TORONTO ON M3J 2C5
(TEL): 416-222-6160 EXT. 243 (FAX): 416-645-1979