

Holter monitoring

A guide to your heart rhythm recording

What is a Holter monitor?

A Holter monitor is a small, portable recorder that measures your heart's electrical activity (ECG) continuously while you go about your day and sleep. Sticky patches on your chest connect to the recorder through wires. It records your heartbeat; it does not deliver electricity to your heart.

Why has my doctor requested it?

It can help investigate symptoms such as palpitations, dizziness or fainting, including changes in rhythm that a brief ECG may miss. It may also help your doctor assess treatment. Monitoring is often for 24 hours, but your clinic will confirm the duration prescribed for you.

Before your appointment

Shower beforehand and avoid creams or oils on your chest so the patches can stick. Wear a comfortable, loose top. Tell the clinic about adhesive allergies or sensitive skin. Staff may need to prepare the skin or clip a small area of chest hair. Take your usual medicines unless your doctor tells you otherwise.

While wearing the monitor

Follow your clinic's instructions and keep the recorder, wires and patches dry: no showering, bathing or swimming. Continue usual safe activities, but avoid anything that could pull off the patches or damage the equipment. Keep the monitor connected overnight. Do not remove the battery or disconnect the leads yourself.

Your diary and equipment

Write down the exact time of symptoms, what you felt and what you were doing. Note activity, sleep and medicine times. If your recorder has an event button, use it only as your clinic explains and still record symptoms in the diary. Contact your clinic if a patch comes loose, the device stops or skin irritation develops.

Returning the monitor and getting results

Return the recorder and completed diary at the time agreed with your clinic. Your recording is analysed and a report is sent to your referring doctor, who will explain the findings and any next steps. Ask your clinic when to arrange that discussion.

When to get urgent help

This is a recording test, not an emergency alert service. For severe or persistent chest pain, severe shortness of breath or collapse, call Triple Zero (000). Do not wait for the recording to be reviewed.

Appointments, fitting and return arrangements: contact your referring clinic. Cardiotest does not book patient appointments. General enquiries: 0415 610 163 | mario@cardiotest.co.

General information: [American Heart Association: Holter monitor](#)

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