

# Holter registration (24/48 hours)

You will return soon for a Holter registration. The Holter registration is a heart examination in which your heart rhythm is recorded for 24 or 48 hours with a portable recorder (the Holter). The electrocardiogram (recording of the heartbeat) and the diary that you keep for 24 or 48 hours are used to see how your heart responds to certain efforts, medications or events.

Your doctor has discussed with you why this test is being performed on you. In this brochure you will find more information about this research. It is good to realize that for you personally the situation may be different than described here.

## Preparation

On the day the recorder is connected, do not use soap, body lotion or other oily products on the chest. These products do not allow the electrodes to remain attached, which means that proper recording of the electrocardiogram is not possible. Women are not allowed to wear an underwire bra while wearing the Holter. An underwire bra can cause the cables to come loose from the recorder and cause interference with the recording. Gentlemen with a hairy chest wall are asked to shave it at home.

## The medical examination

Connecting the holter takes approximately 20 minutes. The electrocardiogram is then recorded for approximately 24 or 48 hours. Before connecting the holter, you are requested to uncover your upper body. If necessary, chest hairs are shaved away.

Ten adhesive electrodes are then applied to the chest and connected to the recorder by a cable. You carry the recorder in a bag around your neck. The Holter records the heart rhythm during your normal daily activities and at night while you sleep.

You will receive a Holter diary in which you record all your activities, complaints and medication taken. It is important that you carry out your daily activities as much as possible as you are used to during the examination. You may not shower or swim with the recorder.

## After-care

After approximately 24 or 48 hours you can disconnect the holter yourself and return it. You will be notified of the time for return when you connect the holter.

## The results

You will receive the results of the test from the cardiologist during your next visit.

## Questions?

If, after reading this leaflet, you still have questions about the treatment, please contact your cardiologist by phone.

## Contact information

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