

## **Rhythm Monitoring**

Heart rhythm monitoring is a diagnostic test in which the electrical activity of the heart is recorded. Prof Ruparelia may suggest this investigation if there is concern that an underlying heart rhythm abnormality may be the cause of your symptoms.

Occasionally, Prof Ruparelia may also suggest this investigation in other scenarios where the information may aid in your overall management.

Depending on the frequency of your symptoms there are a number of ways that your heart rhythm can be recorded.

### **Holter Monitor**

#### **What is a holter?**

A Holter monitor is a small wearable device that monitors the electrical activity of your heart via three leads attached to your chest wall via small electrodes (small stickers).

Depending on the duration and frequency of your symptoms, Prof Ruparelia will suggest that the recording is performed for 24 or 48 hours. You will be asked to keep a diary of your symptoms and / or any symptoms that you suffer during the recording period.

#### **How should I prepare?**

You need to do nothing specific.

Holter monitoring is painless and non-invasive. You can hide the electrodes and wires under your clothes, and you can wear the recording device on your belt or attached to a strap. Once your monitoring starts, don't take the Holter monitor off; you must wear it at all times even when sleeping. You can carry out all of your activities as usual whilst wearing the Holter recorder.

#### **When do I get my results?**

Once you hand the recorder back, the device requires analysis to determine if there is an abnormality.

Prof Ruparelia shall organise and a follow up appointment shortly after this to discuss the results of the Holter monitor and formulate an ongoing management plan.

### **Patch Monitor**

#### **What is a patch recorder?**

A patch recorder enables continuous recording of the heart rhythm for 7 -14 days. It requires a patch to attached to your chest. There are no wires or other electrical devices that are required for monitoring.

#### **How should I prepare?**

You do not need to do anything specific to prepare for the test.

You will be required to wear the patch continuously for upto 14 days. You can perform all of your activities during the recording period. You will be asked to try and avoid getting the patch wet for the first 24 hours but after that you are able to shower normally.

#### **When do I get my results?**

Once you have completed the recording period and sent it back for analysis, Prof Ruparelia shall organise and a follow up appointment shortly after this to discuss the results of the Holter monitor and formulate an ongoing management plan.