



Holter Monitor

Answers to common questions

A Holter monitor is a portable device that records how fast or slow the heart beats. Your child will wear it for 1 full day (24 hours).

What is a Holter monitor?

A Holter monitor is a portable device that records how fast or slow the heart beats while your child is playing, exercising or sleeping. Your child will wear the Holter day and night for 24 hours.



Why is it used?

Your child's doctor will order a Holter monitor to check your child's heart rate or to see if your child is having an abnormal heart rhythm (arrhythmia).

How does it work?

A nurse or technician will attach the wires of the Holter monitor to your child's chest with stickers and place it in a comfortable spot. The wires pick up tiny electrical signals from the heart. These are recorded by the monitor.

What happens during the test?

Your child will wear the monitor for 24 hours. You will keep a diary of your child's activities during that day and when they take place. It is very important to write down all your child's symptoms like dizziness, chest pain, fainting and fast heart rhythms or skipping beats (palpitations). The diary is compared with the Holter recording to see what kind of activity brought on any changes in your child's heart rhythm.

What activities should my child avoid?

Your child should avoid contact sports, bathing and swimming. Please follow any other restrictions from your child's cardiologist (heart doctor).

What happens at the end of the recording period?

Please return or mail the monitor, wires, diary and plastic case back to the Heart Center. You can throw out the net shirt and the used stickers. We will

To Learn More

- Heart Center EKG department
206-987-2268
- Heart Center Nurse Line 206-987-2015, option 4
- Preventice
1-888-500-3522
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

give you a prepaid FedEx envelope. You can drop off the envelope at any FedEx or you can call them at 1-888-500-3522 to have them pick up the envelope at your home or office.

What are my responsibilities?

You are responsible for returning the monitor in working order. If it is not returned or is broken, you may need to replace or repair it. We will call you if we have not received it after 2 weeks.

How long does it take for the results?

We will call you with the results as soon as they are ready. The faster the monitor is returned to the Heart Center, the faster we can get you the results. It often takes 10 to 14 business days for the results. If you have not heard from us after 14 days, please call the Heart Center nurse line during business hours Monday to Friday 8 a.m. to 4 p.m.

Your child's heart doctor will call you if anything shows up on the recording that needs more evaluation.

Troubleshooting

What do I do if a sticker falls off?

Clean the skin with rubbing alcohol. Put on one of the extra stickers that came with the monitor. In the diary, write down the time the sticker fell off and when you put on a new sticker.

What do I do if the battery falls out?

Once the battery falls out the recorded data is normally lost, so we do not suggest replacing the battery. Please call us if this happens. We may need to redo the test.

What do I do if my child presses all the buttons?

As long as the timer is still counting down it should not be a problem. If the battery falls out or the timer freezes, call us. We may need to redo the test.

Who do I call?

During business hours call the Heart Center EKG department at 206-987-2268, option 5 or the nurse line at 206-987-2015, option 4. After hours, you can call Preventice at 1-888-500-3522, option 1, option 1.