



Campbell County Memorial Hospital

CAMPBELL COUNTY HEALTH

CARDIOPULMONARY

24-48 Hour Holter Monitoring

Holter monitoring records your heart rhythms for an entire 24-hour period. Wires from electrodes on your chest go to a battery-operated recording device carried in your pocket or worn on a belt or shoulder strap. While you're wearing the monitor, you'll keep a diary of your activities and symptoms. Your doctor will compare the diary with the electrical recordings to try to figure out the cause of your symptoms.

Holter monitoring is a painless test. It is a good idea to bathe before you go to the Cardiopulmonary Services Department, because once you are fitted with the Holter monitor, you cannot get it wet in the shower or bathtub.

A Respiratory Therapist will clean the areas with alcohol and then place the electrodes on your chest. For men, the Respiratory Therapist may have to shave some small areas of your chest. The electrodes stick to the skin with a gel. Sometimes, an electrode and lead wire will be taped to your chest to prevent them from moving around.

You will wear the Holter monitor for at least 24 to 48 hours per what is ordered from your physician. While you are wearing the monitor, you will be asked to keep a log of your daily activities: what you did and at what time. This will help the doctor figure out what you were doing during the times that there were abnormal readings. Otherwise, you can do your typical activities, except those that might get the Holter monitor wet.

After 24 hours (or more), you will go back to the Cardiopulmonary Services Department to have the electrodes removed.

How long will the procedure take?

It will take approximately 15-30 minutes to apply the holter monitor.

How do you schedule your test?

Cardiopulmonary services require an order to perform outpatient procedures. Please contact Cardiopulmonary Services at 307-688-2301 for questions regarding outpatient procedures or the steps to have your physician order your needed procedure; or visit www.cchwyo.org/CPS.

On the day of your scheduled test

Report to Patient Access/Registration on the first floor of Campbell County Memorial Hospital, 501 S. Burma Avenue, 20 to 30 minutes before your scheduled appointment to be checked in and registered. You will then be directed to the Cardiopulmonary Services Department on the Second Floor, North of the hospital.

Campbell County Memorial Hospital's Cardiopulmonary Services (CPS) Department strives to be your first choice for Cardiopulmonary Services by providing superior quality testing, procedures, and outstanding customer service.

For questions, please contact CPS at 307-688-2301.