

Cardiology services

Having an ambulatory Holter monitor

Information for patients, relatives and carers

This leaflet tells you about having an ambulatory Holter monitor and answers some of the questions that you or those who care for you may have. Please contact your care team if you have any questions.

What is an ambulatory Holter monitor?

An ambulatory Holter monitor is a portable and non-invasive (not put inside the body) monitoring device. It records your heart electrical rhythm for a period of 24 hours to 72 hours. The ambulatory Holter monitoring system is made of a battery part and electrode leads.

Why do I need an ambulatory Holter monitor?

You might have experienced unexplained episodes of a more noticeable heartbeat (palpitations) or loss of consciousness (syncope), which an electrocardiogram has not been able to pick up. An ambulatory Holter monitor will be particularly helpful to find out if these symptoms are related to your heart.

What I need to know before having an ambulatory Holter monitor?

If you need a chaperone and/or an interpreter

If you need someone to come into your appointment with you (a chaperone), please tell the receptionist when you arrive for your appointment.

If you need an interpreter, please contact us on the number for your cardiac department (see below) 3 days before your appointment. We can then book an interpreter for your appointment.

Plan your journey

Many people benefit from planning their journey to the hospital. Knowing your route can help you get there in plenty of time for your appointment. There are a small number of general and disabled car parking spaces at the different hospitals (except for St Mary's).

For help with journey planning or patient transport, please visit: www.imperial.nhs.uk > [our location](#) > choose the correct hospital > hospital map > parking and www.tfl.gov.uk.

How should I prepare for an ambulatory Holter monitor?

Before coming to the hospital for your appointment, it is important for you to:

- take your medications as prescribed, unless your cardiologist tells you not to
- have a shower or bath (please do not use moisturizer or skin lotion on your chest)

If you want, you can shave or remove any hair from the chest area (if possible) on your own. If not, we can do this for you on the day of the appointment.

Please wear loose-fitting clothing to your appointment, so that we can fit the monitor easily.

What happens on the day of my appointment?

Please arrive 10 to 15 minutes before the time for your appointment and go to the cardiology reception desk.

Charing Cross Hospital

- 020 3311 1028
- Cardiac Investigation Unit, Fifth floor, Charing Cross Hospital, Fulham Palace Road, London W6 8RF

Hammersmith Hospital

- 020 3313 3951
- Cardiac Investigation Unit, Hammersmith Hospital, Ground floor, B block, Du Cane Road, London W12 0HS

St Mary's Hospital

- 020 3312 1241
- Waller Cardiovascular Unit, Ground floor, Mary Stanford Wing, St Mary's Hospital, Praed Street, London W2 1NY

The ambulatory Holter monitor fitting process

- the cardiac physiologist will take you to a room where they will explain the fitting process and benefits in detail and fit your ambulatory Holter monitor
- we might ask you to change into a hospital gown and lie/sit down on a bed or chair
- the cardiac physiologist will clean your chest and shave it if necessary
- then they'll put a number of electrode leads onto different positions on your chest using electrode stickers
- the leads are connected to a small recording device that will go around your neck using a small pouch or around your waist using an adjustable belt

- once they have finished fitting the monitor, the cardiac physiologist will start your device recording
- they will give you a diary sheet to write down any symptoms (such as palpitations or dizziness) you might have while wearing the ambulatory Holter monitor
- we'll give you instructions on how to return the monitor after the 24 to 72 hours

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages.

Please email the communications team: imperial.communications@nhs.net

Wi-Fi

Wi-Fi is available at our Trust. For more information visit our website: <https://www.imperial.nhs.uk>