



*Children's Specialists of Florida, P.A.*

## Holter Monitor

What is a Holter monitor?

A Holter monitor is a special tape recorder that is worn for 24 hours.

The monitor documents and records suspected abnormal heart rhythms and their relationship to your child's symptoms.

What happens during the test?

Several adhesive patches are applied to your child's chest.

A small cassette recorder will be attached to the patches via plastic coated wires. Applying the patches and taping everything in place will take about 15 minutes.

Record your child's activities, symptoms, and the time they occur in a diary.

Your child should not shower or bathe while wearing the recorder, since this could damage the equipment.

When the recording period is over, remove the tape and patches and return the monitor to our office.

How will the results of my test be reported?

Your child's test results will be carefully reviewed and interpreted by the Cardiologist. The doctor will call you in a few days to discuss the test results.

Your family physician will also receive a complete report.