

Holter monitoring

A Holter monitor is a device used to monitor your heart's rhythm and activity for a continuous period of time, usually between 24-48 hours. If you have been experiencing symptoms such as shortness of breath, dizziness or palpitations, your GP or a Consultant may recommend a Holter heart rate monitor to record your heart's activity whilst you go about your everyday activities and help identify the cause of your condition.

Effective diagnosis to help you on your way to treatment



Wearing the Holter heart monitor records your heart's activity over a longer period than with an [ECG test](#), which means it can also monitor your heart activity during different activities.

Once you have been referred to a Cardiac Physiologist, you will be advised on how to record your symptoms and activities whilst you are wearing the monitor. When you return your monitor, your Physiologist will analyse and send a report to your GP or Consultant, to help them assess the cause of your symptoms and devise a plan for treatment.

<? if (!empty(\$strips_title)): ?>

Prices & payment

<? endif ?> <? if (!empty(\$strips_content)): echo \$strips_content; endif; ?>

24 hour holter monitor

£316

48 hour holter monitor

£559

5 to 14 day holter monitor
£716

The above are guide prices only.

Our [terms and conditions can be found here](#).

Consultants



Dr Shaumik Adhya

Available at
KIMS Hospital

[View profile](#)

FAQs

What should I expect from wearing a Holter monitor?

The Holter device is roughly the size of a small camera; attached to the device are wires with electrodes that your Physiologist will attach to your skin. You will usually carry the device in your pocket or clipped to your waistband. You can carry on with your usual activities for the next 24-48 hours, although you cannot bathe, shower or swim whilst wearing it.

Will the Holter monitor hurt?

The electrodes will be attached to your skin, but the Holter monitor itself will not cause you any pain.

Where can I have the monitor fitted?

If you're a private patient, you can choose to have your appointment at either of our locations: KIMS Hospital or Sevenoaks Medical Centre. We may be able to offer you an appointment sooner at one of these, or you may find it more convenient to choose one, depending on where you live and work.

What happens after Holter heart rate monitoring?

You will return the Holter device to your Physiologist following the period of testing. They will

need to analyse the results, as well as your symptoms diary, before your next appointment.

Your GP or Consultant will discuss the results with you to determine your next steps for treatment or further testing.