

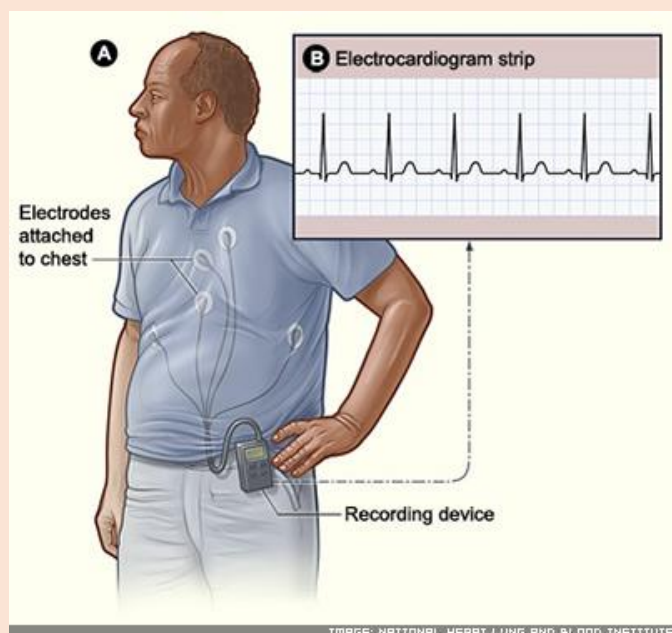
# Hemet Heart Medical Center Patient Education



**Holter Monitor** is a continuous tape recording of a Patient's EKG for 24 Hours. It can be worn during the patient's regular daily activities and helps the physician to correlate symptoms of dizziness, palpitations or black outs. Holter monitors can be used to diagnose arrhythmias and detect silent myocardial ischemia, a condition in which although there are no symptoms there is not enough blood is reaching the heart muscle.

## How to prepare for the test?

The only requirement is that the patient should wear loose-fitting clothing. Buttons down the front of a shirt or blouse is preferable to allow for easy application of the electrodes and wearing of the monitor in a discreet manner.



*For more Information..*

visit the [Heart Site](#)

visit the [Mayo Clinic](#)