

# "ROOTI" HOLTER MONITOR (Wireless)



## ***What is a "Rooti" Holter Monitor?***

The Rooti Holter Monitor will record your heart rate and rhythm while the monitor is worn. It is used to detect abnormal heart rhythms which may be occurring when you experience symptoms (such as shortness of breath, palpitations / irregular heart beats, dizziness, fainting etc.). It will also check the effectiveness of medication or implanted devices, like a pacemaker.

## ***How is the "Rooti" Holter Monitor procedure done?***

- Your skin will be prepared for the application of the device; which may include cleaning the skin and shaving of chest hair.
- The monitor is about the size of a band-aid and is applied to the chest area with an electrode on either side of the monitor.
- With the wireless light-weight device, you can continue your daily activities including showering.

## ***How do I prepare for the test?***

- Please shower prior to your appointment. You will be unable to shower for a minimum of 6 hours after the device has been fitted.
- Do not use any lotions or powders on your chest area.
- Please wear a two piece outfit with a loose fitting shirt / top.
- Do not sleep with an electric blanket turned on.

## ***When will I receive my results?***

The results of the test will not be available for approximately **7 business days after the monitor is removed** as the recordings need to be analysed by a cardiac technician and reported on by one of the Gold Coast Heart Centre Cardiologists. The results will be sent to your referring doctor for discussion. If you have an appointment with your doctor prior to this time, please advise the technician who fits the monitor.