

General Information

- ※ Please make appointment in advance.
- ※ Please bring the referral letter and I.D. Card / Passport or valid Hong Kong Travel Visa for registration 15 minutes before the appointment.
- ※ Please inform us at 22003155 during office hour if you cannot attend in time.
- ※ When typhoon signal No. 8 (or above) or the rain storm black warning is hoisted, please contact us to rearrange a new appointment.
- ※ In addition to health examination scheme, optional diagnostic investigations are available. Please refer to our website.

References:

www.21.ha.org.hk/smartpatient

Effective since: 1 March 2022

PFE-EPI-3-E017



Tel: (852) 22003434

Website: www.sth.org.hk

- We provide "Octopus hourly parking services"
- Green Line Minicab: 2, 17M, 25M, 46, 70,
- Red Line Minicab: Mongkok to San Po Kong / Wong Tai Sin / Kowloon City
- Public Buses: 1, 1A, 2A, 6D, 7B, 9, 12A, 13D, 16, 24, 27, 42, 95, 98C, 113, 203E, 296C, N216
- MTR
- * Lok Fu: 5 mins by taxi
- * Mongkok: by red line minibus, get off at Lomond Road
- * Sung Wong Toi: Exit B1, about 5-10 minutes walk
- East Rail Line
- * Mongkok East: about 5 minutes by taxi
- * Kowloon Tong: by green line bus no. 25M
- Rehabus (Dial-a Ride): (852) 2817 8154



St. Teresa's Hospital
聖德肋撒醫院

24 hours Holter Monitoring

Examination Information

24 hours Holter Monitoring



Health Screening & Diagnostic Centre

1/F Main Block, St. Teresa's Hospital

Tel:(852) 2200 3155

Working Hours:

08:00-16:00 (Monday to Saturday)

Introduction

- A Holter monitoring is a continuous tape recording of a patient's ECG for at least 24 hours.
- It can be performed with your usual daily activities; the results help the physician correlate symptoms of dizziness, palpitations or black outs.

- Holter recording covers 24 hours, on a continuous basis, it is much more likely to detect an abnormal heart rhythm when compared to a resting ECG which records rhythm in less than a minute.

Preparation

1. Please wear loose-fitting clothes so as to minimize interfering with the electrodes and ECG recording.
2. Please have a bath prior the procedure because showering or bathing is not allowed during the test.

Process

1. Clean your chest with skin prep-gel to ensure good attachment of the sticky ECG electrodes.
2. Shaving of hairy chest may be needed prior to the attachment of the electrodes.
3. ECG electrodes are placed on your chest wall and connected to the holter recorder.
4. The recorder is secured to your belt, or it can be slung over the shoulder and neck with the use of carrying pouch.
5. You are allowed to perform your usual daily activities.

6. To avoid getting the setup wet and damaging the recorder, showering and bathing is not allowed.
7. A diary is provided so that you can record any abnormal activities and symptoms (skipped heartbeats, chest discomfort, dizziness, etc.) together at the occurring time, and you also need to press down the record button of the Holter monitor at the same time.
8. The Holter monitor and the patient diary need to be returned to our centre at the end of the evaluation time.
9. It takes approximately 10 to 15 minutes to apply and few minutes to remove the monitor.

Risks

- Holter monitoring is an extremely safe procedure.
- Some patients are sensitive to the

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