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Holter monitoring, i.e. ECG monitoring

Holter monitoring is the recording of the heart rate for a 24 hour period with a portable device during the patient's everyday activities.

The portable device weighs about 100 grams and is connected to electrodes which are attached to the chest with stickers. The duration of the test is usually 24 hours, sometimes up to 72 hours. Used in examining rhythm disorders and organising treatment. The test can be conducted on both an outpatient basis as well as in the hospital. Procedures involving water or sauna procedures are not to be scheduled for the duration of the test.