



Ambulatory Electrocardiography Monitoring

1.0 WHAT IS IT?

The Holter monitor provides information about heart rate and rhythm over one or more days. The event monitor provides similar information over a few weeks.

2.0 HOW SAFE IS IT FOR ME?

Ambulatory heart monitoring is safe during pregnancy. It simply records the heart's activity over time through small electrodes on the skin, just like a standard ECG.

3.0 ISSUES FOR THE MOTHER

The device only records the heart's electrical activity and does not emit radiation or electrical currents, so it has no effect on the mother.

4.0 ISSUES FOR THE BABY

There are no issues for the baby when the mother wears a Holter monitor during pregnancy. The monitor only records the mother's heart activity; it does not give off radiation or electricity. It has no contact with the baby.

5.0 MEDICAL CARE DURING PREGNANCY AND DELIVERY

No special medical precautions or changes in pregnancy care are needed.