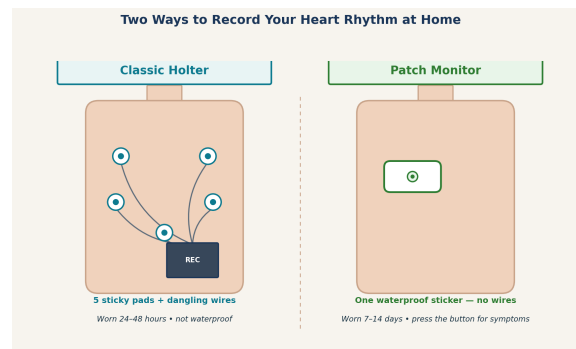


Holter & Patch Monitors

Wearing a Heart-Rhythm Monitor at Home — the Classic Holter, the Modern Sticker Patch, and How to Help the Test Work

A Holter or patch monitor is a small heart-rhythm recorder you wear at home. It watches your heartbeat while you live your normal life. It helps us catch rhythm problems that come and go.



Online: <https://go.riasalimd.com/holter-patch-guide>

Rias KS Ali, MD FACC

Board Certified in Interventional Cardiology & Cardiovascular Disease

4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com

Last Updated: August 2026



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>



Save
Contact Info

Names & Terms You Will Hear

Term	Meaning
Holter monitor (classic)	A small recorder worn on the body for 24 to 48 hours. Several wires (leads) clip to sticky pads (electrodes) on the chest. It records every heartbeat. Named after Norman Holter, who invented wearable ECG recording in the 1960s.
Patch monitor (adhesive ECG patch)	A single waterproof sticker worn on the chest for 7 to 14 days. There are no dangling wires. It records every beat on its own and has a button you press for symptoms. The Zio patch (by iRhythm) is a common brand.
Ambulatory ECG monitoring	The umbrella term for heart-rhythm recording done outside the office. It records while you move, sleep, work, and live your normal life. Holters, patches, event monitors, and implanted recorders all fall under this term.
Symptom diary	Your written log of every symptom while you wear the monitor. You note the time and what you felt. The team matches your diary to the ECG to see what your heart was doing.
Symptom-rhythm correlation	The main goal of the test. We compare the moment you felt a symptom to what the ECG shows at that exact time. A normal rhythm during symptoms rules out a heart-rhythm cause. An abnormal rhythm at that moment confirms it.
Event monitor (extended)	A device worn for up to about 30 days for symptoms that happen now and then. You wear it and trigger it, or it captures events on its own. It bridges the gap between a patch and a long-term implanted recorder.
Implantable loop recorder (ILR)	A tiny recorder placed just under the skin of the chest in a short office visit. It records for up to three years. It is used for very rare events, such as fainting months apart.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>



Save
Contact Info

The key question this test answers: What is your heart rhythm doing at the exact moment you feel symptoms? The monitor cannot answer that without your help. Press the button and write the time and what you felt for every episode — even brief ones. Matching your symptoms to the ECG is the whole point.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>

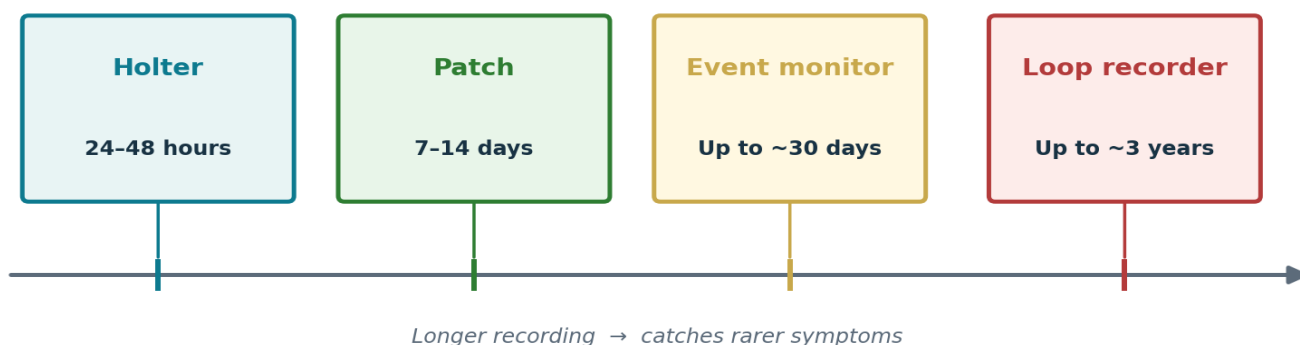


Save
Contact Info

Holter & Patch Monitors?

- A heart-rhythm monitor is a wearable ECG. It records your heart's electrical signal while you go about your normal day. The goal is to catch rhythm problems that come and go — palpitations, dizziness, or fainting that are not there when you sit in the office.
- The classic Holter is a small recorder with several wires that clip to sticky pads on your chest. You wear it for 24 to 48 hours. It records every single beat. The wires can feel bulky, and it is not waterproof.
- The patch monitor is one waterproof sticker worn on the chest. There are no dangling wires. You wear it for 7 to 14 days. It is more comfortable, and the longer wear time makes it better at catching symptoms that do not happen every day.
- Both have a button you press when you feel something. You also keep a symptom diary — the time and what you felt for each episode. Matching your diary to the ECG is the whole point of the test.
- Longer options exist too. An event monitor records for up to about 30 days. An implanted loop recorder can record for up to three years for very rare events. See our fuller monitor overview and our loop recorder guide for those.
- These tests are safe and non-invasive. They do not limit your normal activities. They are among the most common tests in heart care.

How Long Each Monitor Records



Monitors differ mainly in how long they record. A Holter runs 24–48 hours; a patch runs 7–14 days; an event monitor up to about 30 days; an implanted loop recorder up to about 3 years. Longer recording catches rarer symptoms.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>



Save
Contact Info

Holter vs Patch — Comfort, Length, and Wires

- Wires: the classic Holter uses several wires (leads) that clip to sticky pads on your chest. The patch has no wires at all — it is one sticker.
- Comfort: the Holter recorder and wires can feel bulky under clothes and catch on things. The patch is thin and stays put, so most people forget it is there after the first day.
- Length: the Holter records for 24 to 48 hours. The patch records for 7 to 14 days. The patch's longer window is its biggest advantage.
- Catching the event: because the patch records for many more days, it has more chances to catch a symptom that does not happen every day. In a head-to-head study (Barrett, 2014), patients wore both at once; over the full wear time the patch found more rhythm events than the Holter.
- Water: the patch is water-resistant, so you can shower. The classic Holter is not waterproof — you keep it dry the whole time.
- Returning it: a patch is usually mailed back in a prepaid envelope. A classic Holter is returned to the office in person.
- Which is better? Neither is 'better' overall — it depends on your symptoms. Daily symptoms favor the Holter; weekly or rarer symptoms favor the patch.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>



Save
Contact Info

Why It Matters

- Many rhythm problems only happen at certain times — when you exercise, sleep, or at random. A resting ECG in the office lasts about 10 seconds. It will miss nearly all rhythm problems that come and go.
- Choosing the right monitor depends on how often your symptoms happen. Short, daily symptoms are well suited to a 24–48 hour Holter. Symptoms that come once a week or less are far better caught by a 7–14 day patch.
- The longer wear time of the patch matters. In one head-to-head study (Barrett, 2014), the same patients wore both devices. Over the full wear time, the 14-day patch found more rhythm events than the 24-hour Holter (96 versus 61). The extra days are what made the difference.
- A normal result is useful too. If you feel symptoms during the recording and the ECG is normal at those exact moments, a heart-rhythm cause is very unlikely. That redirects the search to other causes.
- Monitors can also check how well a treatment is working — for example, whether a heart-rate medicine is keeping the rate on target, or whether atrial fibrillation has come back after a procedure.

Which Monitor? — Holter vs Patch vs Event vs Loop Recorder

Monitor	Wear time	Wires?	Waterproof ?	Best for
Classic Holter	24–48 h	Yes (leads)	No	Symptoms every day; counting extra beats
Patch (e.g., Zio)	7–14 days	No	Yes	Symptoms once a week or less; more comfortable
Event monitor	Up to ~30 days	Varies	Varies	Symptoms a few times a month
Loop recorder (implanted)	Up to ~3 years	No (under skin)	Yes	Very rare events; months apart



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>



Save
Contact Info

Risk Factors

Some patients are more likely to develop this condition. Knowing your risk helps your care team take extra precautions.

Risk Factor	Why It Increases Risk
Palpitations every day	A fast, fluttering, or pounding heartbeat that you notice daily. A 24–48 hour Holter is often the first step because the symptom is likely to happen during the short recording. See our palpitations guide for the full workup.
Palpitations once a week or less	Symptoms that come and go are easy for a short Holter to miss. A 7–14 day patch is the better choice. The longer wear time gives the device more chances to catch the event.
Dizziness or near-fainting	These may reflect a brief slow heart rate, a pause, or a fast rhythm. The monitor we pick depends on how often it happens. The goal is to record your rhythm during the exact moment of the symptom.
Checking a known rhythm or a medicine	After starting a heart-rate or rhythm medicine, a Holter or patch confirms the rate is on target and the medicine is not causing new pauses.
After a heart-rhythm procedure	After an ablation for atrial fibrillation or another fast rhythm, a patch or Holter checks whether the rhythm has come back.
Very rare or unexplained events	Fainting that happens months apart, or AFib screening after an unexplained stroke, may need longer monitoring than a patch can give. See our loop recorder guide for the implanted option.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>

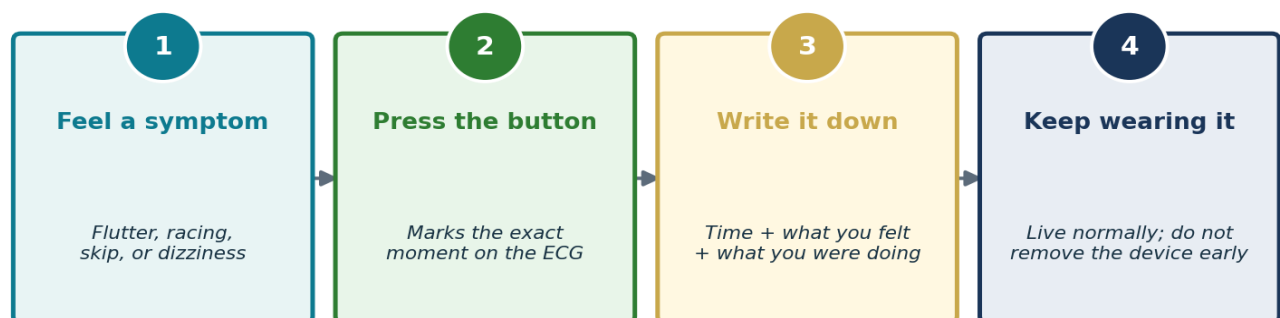


Save
Contact Info

Treatment Options

- Putting it on: the team cleans your skin and applies the patch or the pads and wires. A patch goes on in a minute; a Holter takes a few minutes to wire up.
- Live normally. That is the whole point — the monitor needs to capture your real life. Walk, work, climb stairs, and sleep. Exercise as you usually would unless you are told otherwise.
- Keep a symptom diary. This is the most important thing you can do. Every time you feel something — a flutter, a thump, dizziness, or chest tightness — write the exact time and what you felt. Press the device button too.
- Water rules depend on the device. A patch (Zio and similar) is water-resistant — you can shower. A classic Holter with wires is not waterproof — no shower or bath while wearing it.
- Do not remove the device early. Even a quiet day can hold the one event we are looking for. Wearing it for the full time gives the test its best chance.
- Returning it: at the end of the wear period, peel off the device (usually painless). A patch is mailed back in a prepaid envelope; a Holter is returned to the office.
- Getting results: the recording center reviews the full tracing, lines it up with your diary, and sends a report. Your doctor's office usually has results within a few business days.
- If the device falls off or stops working early, call our office. Do not try to re-stick a loose patch or pad yourself. We can restart it if needed.

Wear It Well — The Symptom Diary in Four Steps



Wearing the monitor well comes down to four steps: feel a symptom, press the button, write down the time and what you felt, and keep wearing the device. Your diary is what lets us match symptoms to the rhythm.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>



Save
Contact Info

Wearing It Right — and Keeping a Good Symptom Diary

- Keep your skin clean and dry where the device goes. Skip lotion, oil, or powder there — they stop the sticker from holding.
- Live your normal life. Walk, work, exercise, and sleep as usual. The monitor is meant to record your real days, not a quiet one at home.
- Press the button every time you feel a symptom — a flutter, a skip, a racing or pounding beat, dizziness, or chest tightness. You cannot press it too often.
- Write down the time as exactly as you can — even 'about 2:30 PM' helps. The team lines your note up against the ECG second by second.
- Note what you felt and what you were doing — sitting, climbing stairs, exercising, sleeping, or feeling stressed. That context helps read the rhythm.
- Do not remove the device early, even on a day with no symptoms. Many rhythm problems cause no feeling, and the device records on its own.
- If a patch edge lifts, press it back down. If it falls off, call our office. Do not tape it back or re-stick it yourself.

Water rules — know your device. A patch monitor (Zio and similar) is water-resistant — you can shower and pat it dry. A classic Holter with wires is not waterproof — keep it dry the whole time. If you are not sure, call our office before getting it wet. A ruined recording means starting the wear period over.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>



Save
Contact Info

Comfort Measures at Home (No Medication Needed)

These simple steps support healing and ease symptoms. Use them alongside any medication your doctor prescribes.

- Start with clean, dry skin. Do not put on lotion, oil, or powder where the patch or pads will go — they keep the sticker from holding well.
- If chest hair is heavy, the team may trim a small area so the patch sticks. This helps the device stay on for the full wear time.
- Press the patch or pads down firmly for a few seconds after they go on. Good contact gives a cleaner recording.
- For a patch, you can shower normally — it is water-resistant. Pat it dry afterward; do not rub or scrub it.
- For a classic Holter with wires, keep it dry — no shower or bath. Sponge-bathe around the device until the wear period ends.
- If the edge of a patch lifts, press it back down. If a pad or the whole patch falls off, call our office — do not tape it back yourself.
- Sleep on your back or your other side if the device is uncomfortable at night. Most people get used to it within a day.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>



Save
Contact Info

Risks, Benefits, and Alternatives

Every choice has trade-offs. Use this table to start the shared decision conversation.

Option	Risks	Benefits	Alternatives
Classic Holter (24–48 hours, wires)	Safe and non-invasive. The wires and recorder can feel bulky under clothes. It is not waterproof, so no showering while you wear it.	Records every beat for a day or two. Best when symptoms happen every day or nearly every day — so the event is likely to occur during the short recording. Also good for counting extra beats and checking a medicine.	If symptoms are less frequent, a 7–14 day patch, an event monitor, or an implanted loop recorder may be a better fit. A smartwatch can add context but is not a substitute.
Patch monitor (7–14 days, no wires)	Safe and non-invasive. Mild skin redness under the sticker is the most common issue. Tell us if you have an adhesive allergy.	One waterproof sticker, no dangling wires — more comfortable. The longer wear time catches symptoms that come once a week or less. In a head-to-head study it found more rhythm events than a 24-hour Holter.	If symptoms are very rare — months apart — even a 14-day patch may miss them. An event monitor (up to 30 days) or an implanted loop recorder is the next step.
Wearable monitor vs implanted loop recorder	Wearable monitors need no procedure and stay on the skin. An implanted recorder needs a minor skin procedure with local numbing.	A patch or event monitor answers most questions for symptoms that happen weekly or monthly. They are simple, low-cost first steps.	For events that happen months apart, the implanted loop recorder records for up to three years and is the most sensitive option. See our loop recorder guide.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>



Save
Contact Info

Option	Risks	Benefits	Alternatives
Prescribed monitor vs consumer smartwatch	A smartwatch has no medical risk. A prescribed monitor needs a sticker or pads and a little daily upkeep.	Smartwatches can flag an irregular pulse and record a quick single-lead ECG you can share. They are a helpful screening aid.	A smartwatch only records when you start it, and it cannot give the full ECG detail a report needs. A prescribed monitor records every beat for days at a time.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
 4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
 Online: <https://go.riasalimd.com/holter-patch-guide>



Save
Contact Info

What the Results Tell Us — and Longer-Monitoring Options

- After the wear period, the recording center reviews the whole tracing and lines it up with your symptom diary. The doctor then reads the report.
- The key question: what was your heart doing at the moment you felt symptoms? A normal rhythm at that moment rules out a rhythm cause. An abnormal rhythm at that moment confirms it.
- Common findings include atrial fibrillation, other fast or slow rhythms, pauses, and extra beats. Finding AFib may change treatment — see our AFib guide.
- A normal recording is still useful. If you had symptoms and the ECG was normal at those times, we look for other causes.
- If symptoms are rare and the patch missed them, the next step is a longer device. An event monitor records for up to about 30 days.
- For events that happen months apart — or AFib screening after an unexplained stroke — an implanted loop recorder records for up to three years. See our loop recorder guide for what that involves.
- For a fuller overview of every monitor type and how they compare, see our Holter and event monitors guide.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>



Save
Contact Info

Common Misconceptions

Myth	Reality
The patch and the Holter do the same thing, so it does not matter which I get.	Both record your heart rhythm, but they fit different patterns of symptoms. A Holter records for a day or two — best for daily symptoms. A patch records for up to two weeks — best for symptoms that come and go. Matching the device to how often you feel symptoms is what makes the test work.
I should stay very still so the recording is not disturbed.	The opposite is true. The monitor is made to record during activity. Walk, climb stairs, and do your normal exercise. Movement noise is filtered out later. A very quiet day may miss the very event we are trying to catch.
If I do not feel anything, I can take the device off early.	Please do not. Many rhythm problems — including AFib — cause no feeling at all. The device records on its own and can flag them even when you feel fine. Removing it early may lose the one event we needed.
A smartwatch is just as good, so I do not need this.	A smartwatch can flag an irregular pulse and record a quick single-lead ECG. That is helpful. But it only records when you start it, and it cannot give the full detail a report needs or catch every beat for days. A prescribed monitor does.
The patch tracks my location or records sound.	No. The patch records only your heart's electrical signal through the skin. There is no microphone or GPS. Only the ECG and the button-presses you make are stored.
A normal Holter means nothing is wrong and I need no more tests.	A normal short Holter is reassuring only if your symptoms happened during it. If your symptoms are rare and did not occur, a normal Holter does not rule them out. Longer monitoring with a patch or event monitor is usually the next step.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>



Save
Contact Info

Possible Complications

Knowing what can go wrong helps you spot problems early. Most complications are uncommon, especially with treatment.

Where / What	What Can Happen
Skin irritation under the sticker	The adhesive can cause mild redness, itching, or a rash. This is the most common issue and usually fades after the device comes off. Tell us if you have a known adhesive allergy so we can use a different type.
The patch or a pad falls off early	If a pad or the whole patch comes off before the end, part of the recording may be missing. Patches are made to stay on for up to two weeks with normal activity. If one comes off early, call our office — do not tape it back yourself.
A non-diagnostic recording	If you had no symptoms during the full wear period, the recording may not answer the question. Longer monitoring with a different device is the next step. This happens most often with a short Holter when symptoms are rare.
False alarms on the automated read	Movement, a loose pad, or muscle signals can look like an abnormal rhythm. The analysis team removes most of this before the report is final. The doctor reviews the actual tracing before any action is taken.
Worry while wearing it	Some people feel anxious knowing a device records every beat for days. Many flagged findings — a few extra beats or a brief fast run — are harmless. Talking through your report with our office is far more reassuring than reading it on your own.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>



Save
Contact Info

Points to Know

If you remember nothing else, remember these key points.

- Which device you get depends on how often your symptoms happen. Daily symptoms point to a Holter; weekly or rarer symptoms point to a patch.
- Wear the monitor during your full normal routine. The goal is to capture your real daily life, not a quiet day at home.
- Keep a symptom diary for the whole time. Write the exact time and what you felt for every episode. This is the single most useful thing you can do.
- Press the button every time you feel symptoms — even if you are not sure. Extra marks are easy to remove later; a missed event cannot be recovered.
- Water rules: a patch (Zio) is water-resistant and fine in the shower. A classic Holter with wires is not waterproof — keep it dry.
- Do not take the device off early, even if you feel nothing. Many rhythm problems cause no symptoms, and the device records on its own.
- Return or mail the device on time. Delays in returning it delay your results.
- Results usually take a few business days. Our office will call if a finding needs prompt attention. Call us if your symptoms get worse before the device is returned.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>



Save
Contact Info

When to Call Us - and When to Call 911

If you are not sure, call. We would rather hear from you twice than miss a real problem.

- Severe chest pain or pressure, or pain spreading to the arm or jaw — call 911 right away. Do not wait for a monitor result.
- Fainting or passing out while wearing the monitor — call 911 if it does not pass quickly. Call our office the same day even if you fully recovered.
- A racing, pounding heartbeat that will not slow down, along with chest pain, severe shortness of breath, or feeling faint — call 911.
- New or worsening shortness of breath at rest — call our office the same day. It may or may not be a rhythm issue, but it needs to be checked.
- Increasing redness, swelling, or a spreading rash under the patch or pads — call our office during business hours.
- Your symptoms have clearly gotten worse since the monitor went on — do not wait for the scheduled return. Call us the same day.

Office: (727) 943-5200

Related guides from our practice. For the fuller overview of every monitor type: see our [Holter & Event Monitors guide](#). For the workup behind these tests: see our [Palpitations guide](#). If the monitor finds atrial fibrillation: see our [Atrial Fibrillation guide](#). For the implanted long-term option: see our [Loop Recorder guide](#). To understand the tracing itself: see our [ECG Basics guide](#).



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>



Save
Contact Info

Trusted Resources

The links below are the trusted resources Dr. Ali used to write this guide and that he recommends you visit for more information. Each is a clickable link in the digital version and a Short.io tracked URL on the printed version.

- [American Heart Association — Holter Monitor](#) - AHA patient page on Holter monitors — why they are used, what to expect, and how to prepare.
- [Cleveland Clinic — Holter Monitor and Wearable ECG Patch](#) - Cleveland Clinic overview comparing the classic Holter with the adhesive patch, including wear time, water resistance, and how data is analyzed.
- [Mayo Clinic — Holter Monitor](#) - Mayo Clinic explanation of why a Holter is done, how to wear it, and what the results show.
- [NIH MedlinePlus — Holter Monitor](#) - US National Library of Medicine consumer health article on ambulatory monitoring, symptom diaries, and what the test involves.
- [Heart Rhythm Society — Patient Resources](#) - HRS patient resources on choosing among Holter, patch, event, and long-term monitors based on how often symptoms happen.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>



Save
Contact Info

Sources Used to Build This Guide

Every recommendation in this guide is grounded in one or more of the studies, guidelines, or trusted resources below. Short links are tracked so Dr. Ali can see which references patients are reading; nothing personally identifying is captured.

- [American Heart Association — Holter Monitor](#) *[Patient Education]*
Frames continuous ambulatory monitoring for catching intermittent arrhythmias and contrasts wearable patch monitors with traditional Holters.
- [Cleveland Clinic — Holter Monitor and Wearable ECG Patch](#) *[Patient Education]*
Patient-facing description of the adhesive patch monitor (e.g., Zio-style), longer wear time, water resistance, and how data is analyzed.
- [Mayo Clinic — Holter Monitor](#) *[Patient Education]*
Mayo Clinic plain-language overview of Holter purpose, electrode wear, symptom diary, and what the test shows.
- [MedlinePlus — Holter Monitor \(24-hour and extended\)](#) *[Patient Education]*
NIH/NLM overview of ambulatory monitoring, symptom diaries, and how findings guide rhythm diagnosis.
- [Heart Rhythm Society — Ambulatory ECG Monitoring \(patient resources\)](#) *[Patient Education]*
Authoritative society material on choosing among Holter, patch, event, and longer-term monitors based on symptom frequency.
- [Barrett PM, et al. Comparison of 24-hour Holter Monitoring with 14-day Novel Adhesive Patch Electrocardiographic Monitoring. Am J Med. 2014;127\(1\):95.e11-7](#) *[Clinical Trial]*
Head-to-head validation: the 14-day adhesive patch detected more total arrhythmia events than a 24-hour Holter (96 vs 61), supporting the patch for infrequent symptoms.
- [iRhythm — Zio by iRhythm Patch Monitor \(patient information\)](#) *[Manufacturer]*
Manufacturer description of the single-lead adhesive patch: water-resistant wear, button-press symptom marking, mail-back workflow, and report.
- [Steinberg JS, et al. 2017 ISHNE-HRS Expert Consensus Statement on Ambulatory ECG and External Cardiac Monitoring/Telemetry. Heart Rhythm. 2017;14\(7\):e55-e96](#) *[Guideline]*
Society consensus on selecting Holter vs patch vs event vs MCT vs implanted recorder by symptom frequency and diagnostic goal.
- [AAFP — Evaluation of Palpitations \(American Family Physician\)](#) *[Clinical Review]*
Primary-care framework for the palpitations workup and matching monitor duration to how often symptoms occur.
- [Sanna T, et al. Cryptogenic Stroke and Underlying Atrial Fibrillation \(CRYSTAL AF\). N Engl J Med. 2014;370:2478-2486](#) *[Clinical Trial]*
Anchors the longer-monitoring section: long-term recording finds far more AF after unexplained stroke than standard follow-up, justifying extended and implanted options.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>



Save
Contact Info

About This Guide

Rias KS Ali, MD FACC | Board Certified in Interventional Cardiology & Cardiovascular Disease

4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com

Version: 2026-08-15

Reviewer note: Reviewed against the AHA Holter page, Cleveland Clinic's Holter and patch overview, and Mayo Clinic's Holter page. Ours adds: a side-by-side Holter-vs-patch cover picture, a wear-time timeline, a four-step symptom-diary flow, a four-device comparison table, named-device specifics (Zio patch), the Barrett head-to-head patch-vs-Holter data, and cross-links to our fuller monitor overview, palpitations, AFib, loop recorder, and ECG basics guides.

Disclaimer

This guide is for educational purposes only and does not replace medical advice from your physician. Recommendations may not apply to every patient. Always follow the specific instructions of Dr. Ali and your care team. In an emergency call 911 or go to the nearest emergency department.



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>



Save
Contact Info

Take This Guide With You



Scan or visit: <https://go.riasalimd.com/holter-patch-guide>

Online: <https://go.riasalimd.com/holter-patch-guide>

Office: (727) 943-5200

4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com



Visit
RiasAliMD.com

This guide is educational only. Always follow your doctor's specific recommendations.
4740 Mile Stretch Drive, Holiday FL 34690 | Office: (727) 943-5200 | Fax: (727) 943-5201 | RiasAliMD.com
Online: <https://go.riasalimd.com/holter-patch-guide>



Save
Contact Info