

# Holter Monitor

## Test kit - dot electrodes

Your healthcare provider has requested that CardioScan performs your cardiac diagnostic test on their behalf.

### Getting started

Please apply your test the day you receive it, following the instructions provided for your Vine or Alto device.

We recommend you watch our fitting videos to make testing even easier – and get other helpful information at our online Resource Centre.



Scan the QR code to see the video guide, or click the link below:

[Vine - Using Holter Device](#)

### Returning your equipment

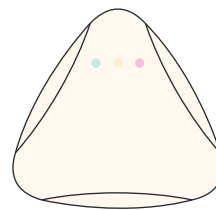
At the end of your test, remove the heart monitor and dispose of the electrodes.

1. Place the heart monitor with the Symptom Diary in the padded envelope.
2. The envelope has a prepaid Royal Mail label attached. Please return to your local post office (preferred), or to a post box, within 24-hours. If this is problematic, email or call us using details below.
3. If you have provided a mobile phone number, you will receive a text asking for your feedback on our services. If you have not given us your mobile number, but would still like to offer feedback, please contact us.

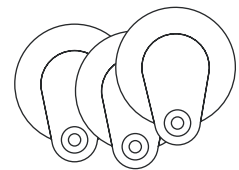
In case of a medical emergency, please contact the emergency services on 999

### Ensure you have the below

Heart monitor ♦



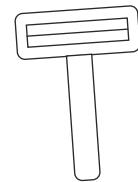
Standard electrodes \*



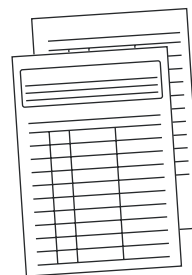
Skin prep pad \*



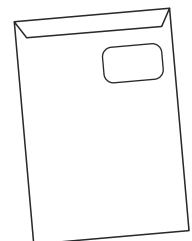
Single use razor \*



Instructions & Symptom diary



Padded envelope



♦ When first removing the heart monitor from the envelope, the lights may flash - this is normal and not a cause for concern

\* Dispose after use

#### Contact us

E: [info@cardioscan.co.uk](mailto:info@cardioscan.co.uk)

T: 01992 351 033 (Mon - Fri | 9am - 5pm)

# Holter Monitor

## Fitting guide - dot electrodes

### 1. Preparing the body and heart monitor

- Attach all three electrodes to the metal anchor points on the back of the heart monitor.
- Remove any chest hair, using the razor provided then clean the area with prep pad or soap and water. Allow the skin to dry before application. Use the heart monitor and electrodes as a guide to determine how much of the chest needs to be shaved.

### 2. Fitting the heart monitor

- Peel the protective backing from the electrodes.
- Place onto the middle of the chest. Or move it slightly to the left and rotate, for women.
- Ensure the electrodes are pressed firmly to the skin, and free from folds.
- A flashing green light indicates the heart monitor has a good signal, and the test has started. This may take 1–2 minutes.

### 3. Beginning the test

- Practice double tapping the heart monitor to ensure this can be done successfully, when feeling symptomatic.
- The green, yellow and red lights will flash to indicate the event has been recorded.



Scan the QR code to see the video guide, or click the link below:

[Vine - Applying Holter Device](#)



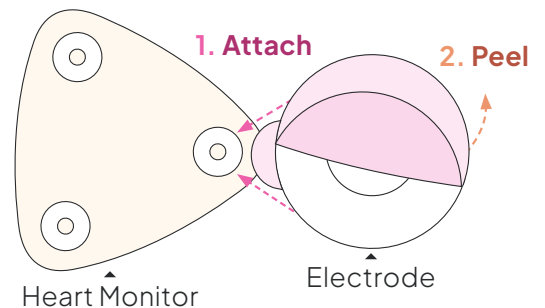
View the Test Instructions Guide for information on changing electrodes



**Need help?**

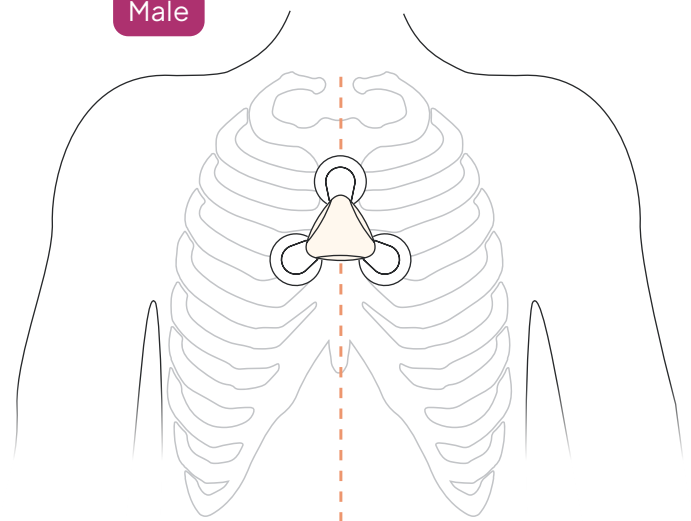
Contact your local support team by visiting [cardioscan.co/contact](https://cardioscan.co/contact)

### 1 Attach heart monitor to electrodes before peeling off backing



### 2 Recommended position and placement

Male



Female

Positioning is the same for all breast sizes

