

Test Instructions and Symptom Diary

During the test

It is important to note:

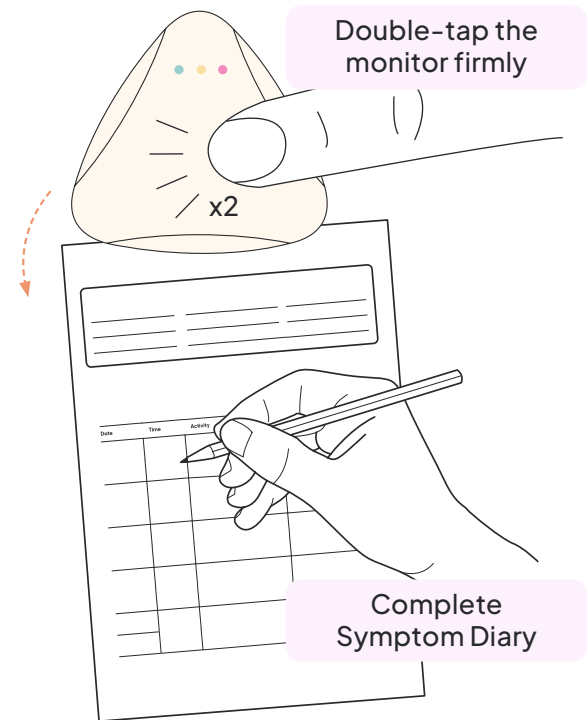
- Continue daily routines as normal.
- Take short showers and pat the heart monitor dry. **DO NOT** bath or submerge monitor in water.
- Mild skin irritation or redness is normal, but try to avoid scratching.

1. Marking a symptomatic event

- When experiencing symptoms, double-tap the monitor firmly.
- A series of green, yellow and red lights will flash to indicate the event has been recorded.
- Fill out the Symptom Diary on the reverse of these instructions.

⚠ If skin irritation becomes unbearable you should remove device first then the electrodes, and seek medical advice.

1 Marking a symptomatic event



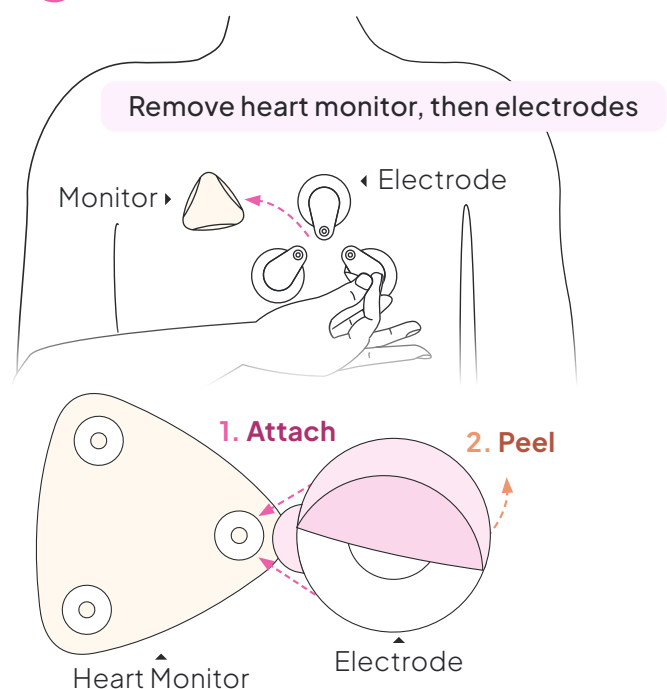
2. Replacing the electrode and heart monitor

- Remove the heart monitor from the electrodes, and place safely nearby. Do not discard the monitor. i Electrodes are the round stickers that attach to the monitor
- Carefully remove each electrode individually and dispose. i To ease removal of electrodes, remove the heart monitor first then soak the electrodes with warm water then pat dry before peeling
- Attach new electrodes to the metal anchor points on the back of the device **before** peeling.
- Once all are attached, peel the protective backing from the electrodes.
- Carefully position and apply the heart monitor at a similar location as before.

The diary is on the back of this document.

You may also have been provided with additional pages, be sure to keep one with you at all times.

2 Replacing electrodes



→ **Need help?**
Visit our website [cardioscan.co](https://www.cardioscan.co) for FAQs, video instructions and further documentation.

