

# Test Instructions and Symptom Diary

## During the test

It is important to note:

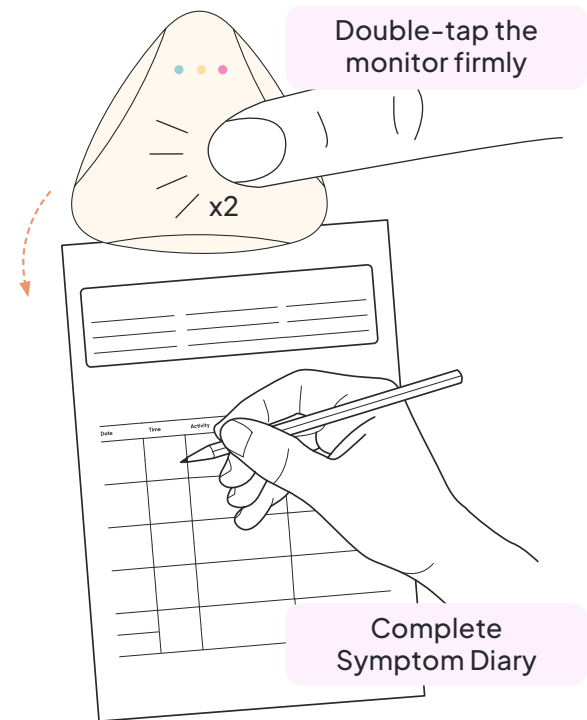
- Continue daily routines as normal.
- Take short showers and pat the heart monitor dry. **DO NOT** bath or submerge monitor in water.
- Mild skin irritation or redness is normal, but try to avoid scratching.

### 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 livePatch, and seek medical advice.

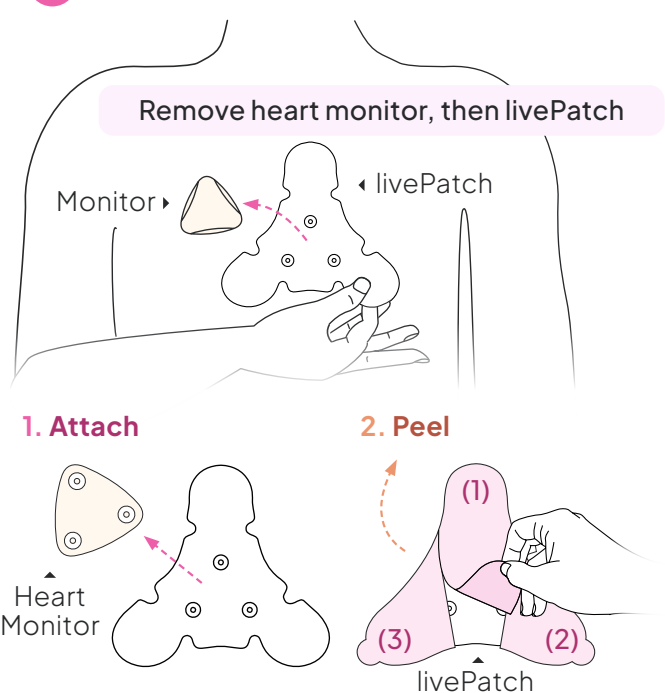
### 1 Marking a symptomatic event



### 2. Replacing the livePatch and heart monitor

- Remove the heart monitor from the livePatch, and place safely nearby. Do not discard the monitor.
- Carefully remove the livePatch and dispose.
- Attach the new livePatch to the metal anchor points on the back of the device **before** peeling.
- Once attached, peel the middle protective backing (1) from the livePatch, then peel the remaining two sides. (2), (3)
- Carefully position and apply the heart monitor at a similar location as before.

### 2 Replacing the livePatch



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

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

