

# myPatch<sup>®</sup>sl Holter Monitor

## Test kit

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 carefully.

We recommend you watch our 'How to apply Adult myPatch<sup>®</sup>sl' video 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:

[myPatch<sup>®</sup>sl - How to self-apply](#)

### Returning your equipment

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

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.

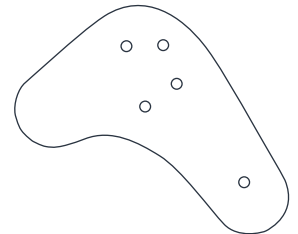
In case of a medical emergency, please contact the emergency services on 999

### Ensure you have the below

Heart Monitor



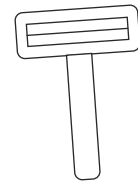
Patch electrode \*



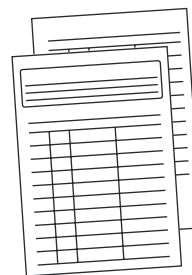
Skin Prep pad \*



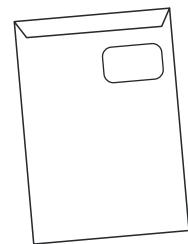
Single use razor \*



Instructions & Symptom diary



Padded envelope



\* Dispose after use

#### Contact us

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

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

# myPatch<sup>®</sup>sl Holter Monitor

## Fitting guide

### Before you begin

Ensure the following:

- It has been confirmed to have no allergic reaction to the electrode adhesion
- Heart monitor is fully charged

### 1. Prepare the heart monitor


- Remove the patch electrode from the pouch and press the heart monitor onto the four metal snaps.

### 2. Positioning the heart monitor

- Ensure the heart monitor is aligned vertically.
- The top of the patch is placed three fingers below the top of the sternum, as shown.
- The gel pad on the left side of the patch is placed along the centre chest line. The bottom of the patch should be above the nipple.

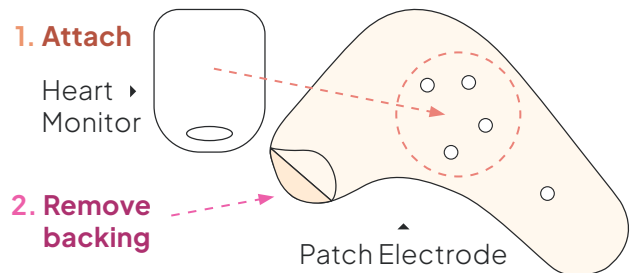
### 3. Applying the heart monitor

- Remove the plastic backing on the patch electrode and apply to chest. Ensure the patch sits flush against the skin, free from any creases or folds.
- To start the test, hold down power button until green light starts to flash. The light will flash for 30 seconds.

 Practice placement before removing the plastic backing

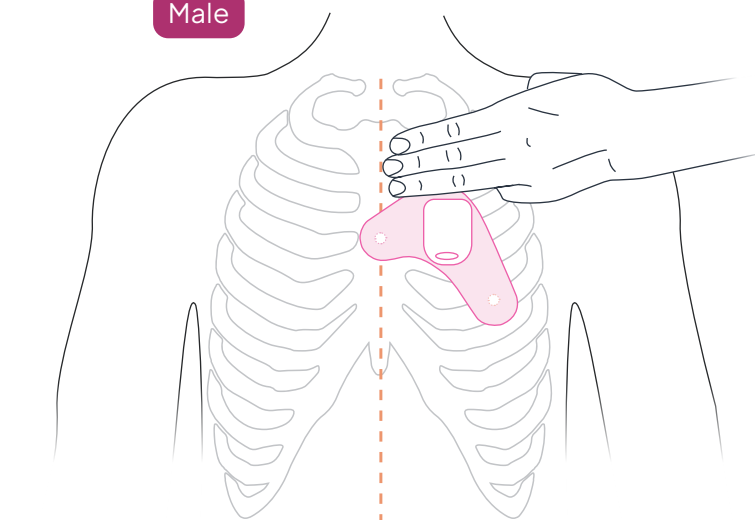


- 1 Press the heart monitor onto the four metal snaps before peeling off backing

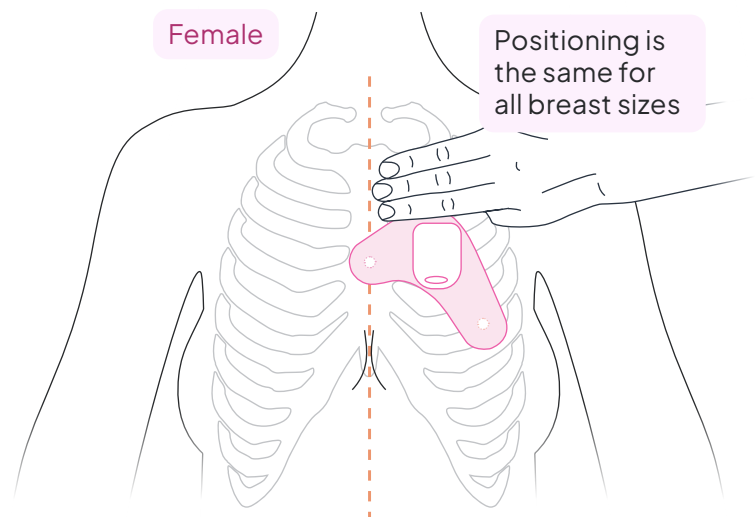


- 2 Recommended Position and placement

Male



Female



Need help?

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