

# Test Instructions and Symptom Diary

## During the test

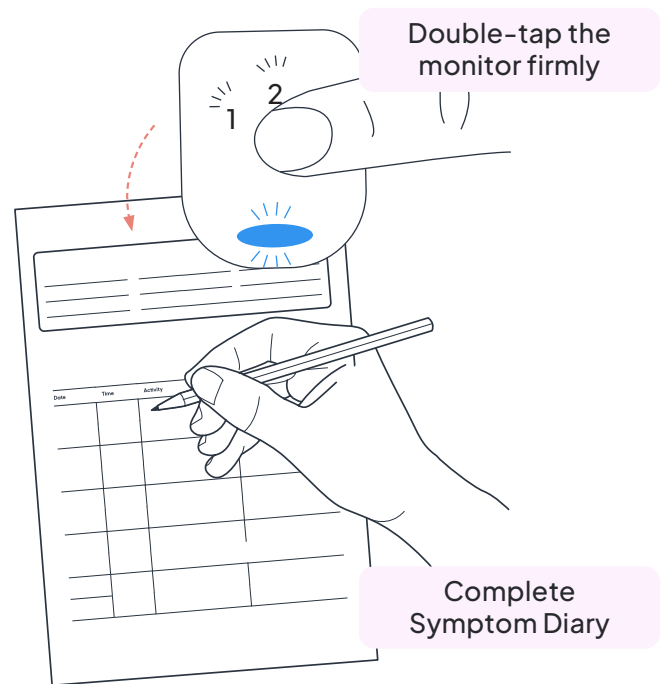
It is important to note:

- Continue daily routines as normal.
- Take short showers and pat the heart monitor dry. **DO NOT** bath or submerge the monitor in water.
- It is normal to experience mild skin irritation or redness. However, if skin irritation becomes unbearable, remove and seek medical advice.

### 1. Marking a symptomatic event

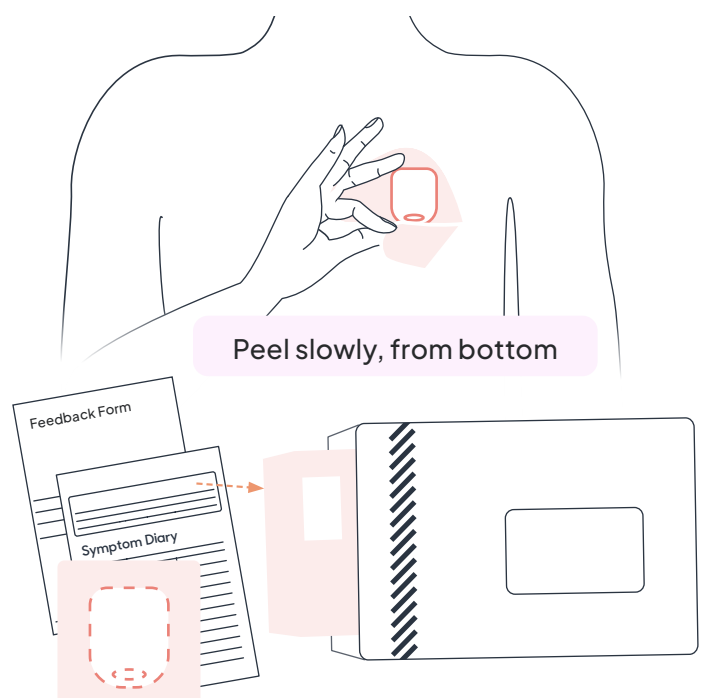
- To mark an event when experiencing symptoms, double-tap the monitor firmly.
- A solid blue light will come on briefly to acknowledge the recording of the event.
- An entry must then be made in the Symptom Diary.

### 1 Marking a symptomatic event



### 2. Removing the electrode and heart monitor

- The monitor will automatically turn off after the set length of the test.
- To remove the patch, soak around the edges of the patch with warm soapy water, then peel slowly from the bottom.
- Dispose the fabric patch electrode, and return the heart monitor and forms in the provided envelopes.



**⚠ DO NOT discard the heart monitor.**  
The data must be extracted for analyses before being reused.

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

