

myPatch[®]sl Holter Monitor

Test kit

Page 1

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[®]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[®]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.

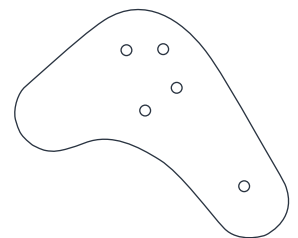
In case of a medical emergency, please contact the emergency services on 999

Ensure you have the below

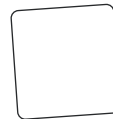
Heart Monitor



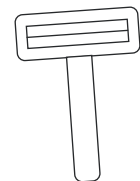
Patch electrode *



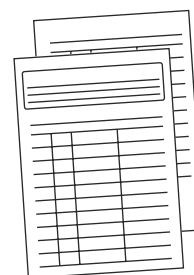
Skin Prep pad *



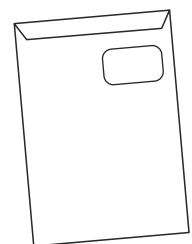
Single use razor *



Instructions & Symptom diary



Padded envelope



* Dispose after use

Contact us

E: info@cardioscan.co.uk

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

myPatch[®]sl Holter Monitor

Fitting guide

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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

1. Attach

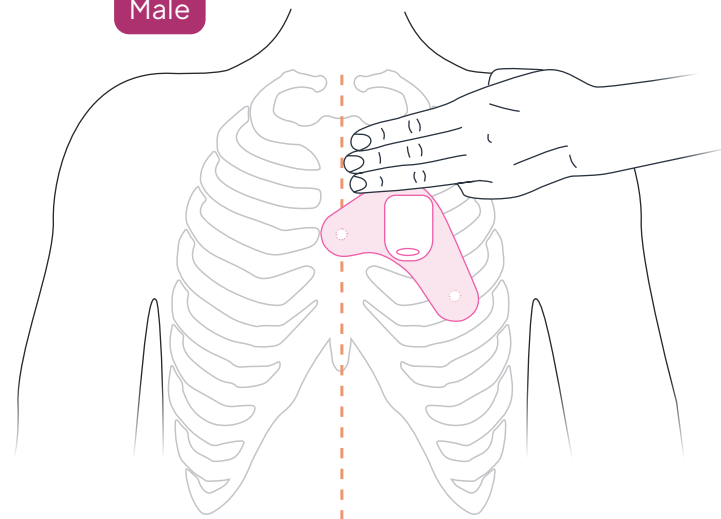
Heart Monitor

2. Remove backing

Patch Electrode

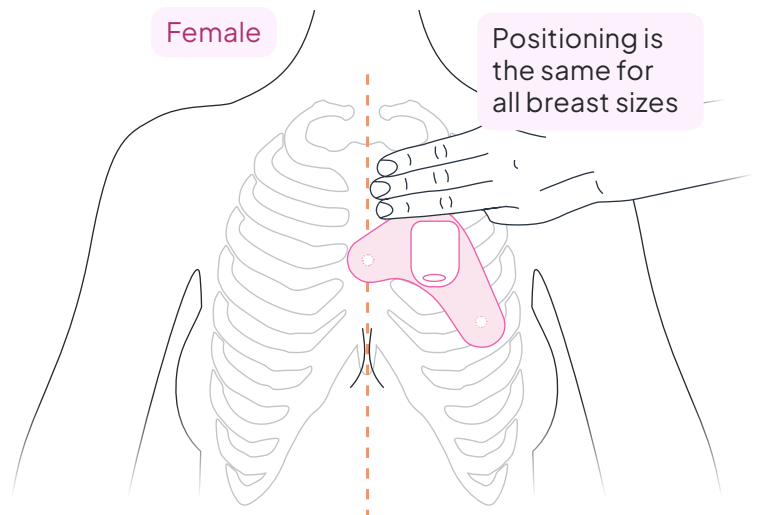
- 2 Recommended Position and placement

Male



Female

Positioning is the same for all breast sizes



Need help?

Contact your local support team by visiting cardioscan.co/contact

Test Instructions and Symptom Diary

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During the test

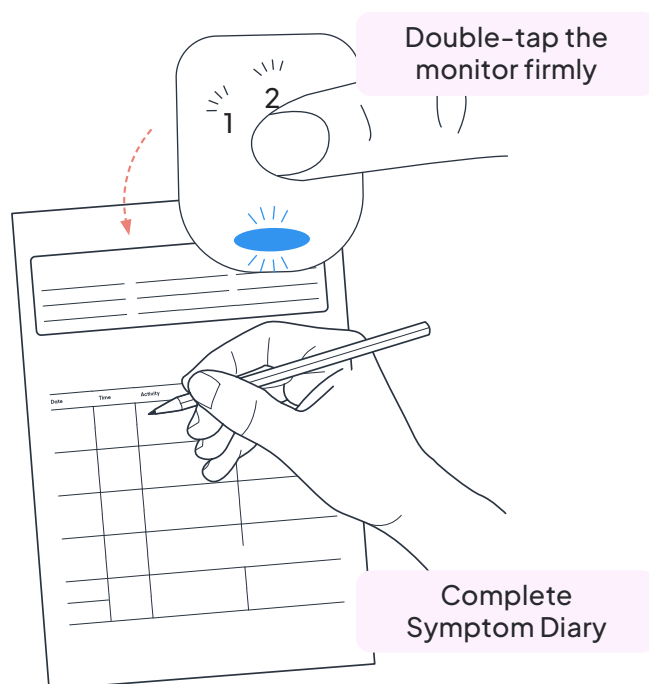
It is important to note:

- 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



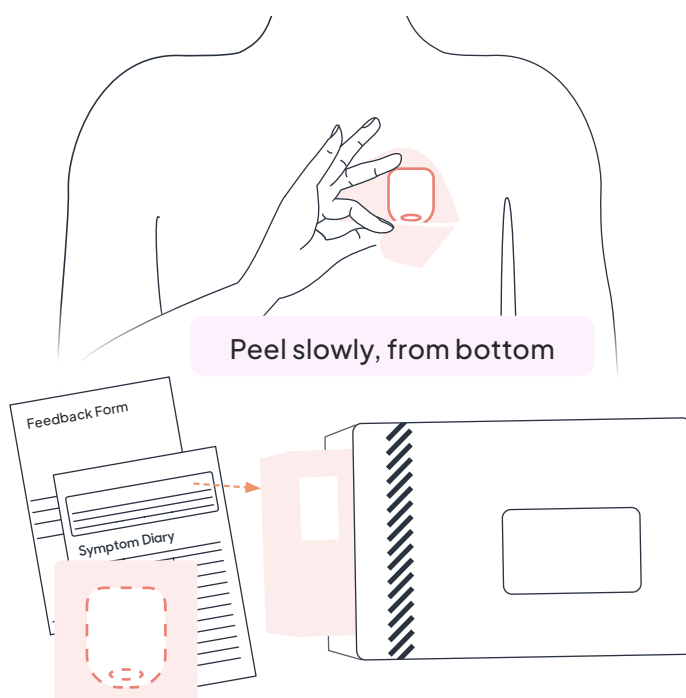
2. Removing the electrode and heart monitor

- 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



____/____/____ ____ days
Date of Birth Test length

Hospital Reference

☐ Pacemaker / ICD/ BiV
Tick if relevant

☐ Tick box if you confirm personal details are correct.
If anything is incorrect please change or notify us.

____/____/____ ____:____
Fitting: Date & Time

____/____/____ ____:____
Removal: Date & Time

Symptoms

[illegible]