

# Holter Monitor

## Test kit - dot electrodes

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 provided for your Vine or Alto device.

We recommend you watch our fitting videos 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:

[Vine - Using Holter Device](#)

### Returning your equipment

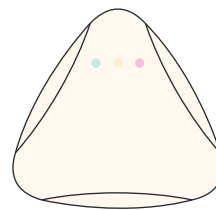
At the end of your test, remove the heart monitor and dispose of the electrodes.

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.

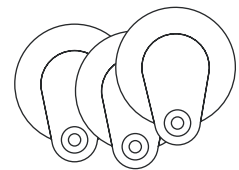
In case of a medical emergency, please contact the emergency services on 999

### Ensure you have the below

Heart monitor ♦



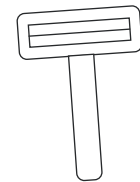
Standard electrodes \*



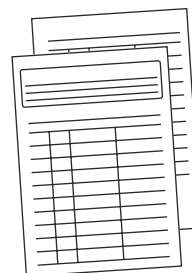
Skin prep pad \*



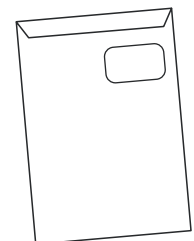
Single use razor \*



Instructions & Symptom diary



Padded envelope



♦ When first removing the heart monitor from the envelope, the lights may flash - this is normal and not a cause for concern

\* Dispose after use

#### Contact us

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

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

# Holter Monitor

## Fitting guide - dot electrodes

### 1. Preparing the body and heart monitor

- Attach all three electrodes to the metal anchor points on the back of the heart monitor.
- Remove any chest hair, using the razor provided then clean the area with prep pad or soap and water. Allow the skin to dry before application. Use the heart monitor and electrodes as a guide to determine how much of the chest needs to be shaved.

### 2. Fitting the heart monitor

- Peel the protective backing from the electrodes.
- Place onto the middle of the chest. Or move it slightly to the left and rotate, for women.
- Ensure the electrodes are pressed firmly to the skin, and free from folds.
- A flashing green light indicates the heart monitor has a good signal, and the test has started. This may take 1–2 minutes.

### 3. Beginning the test

- Practice double tapping the heart monitor to ensure this can be done successfully, when feeling symptomatic.
- The green, yellow and red lights will flash to indicate the event has been recorded.



Scan the QR code to see the video guide, or click the link below:

[Vine - Applying Holter Device](#)



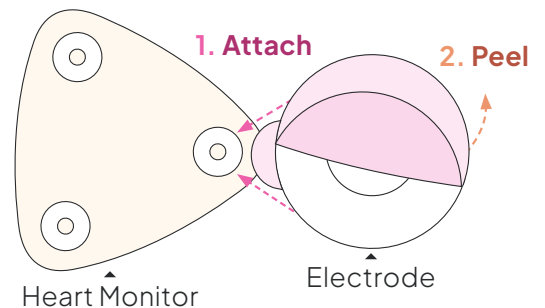
View the Test Instructions Guide for information on changing electrodes



**Need help?**

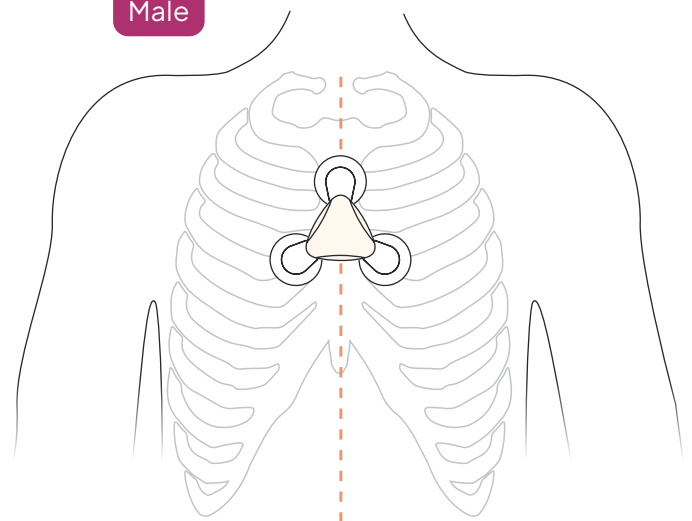
Contact your local support team by visiting [cardioscan.co/contact](https://cardioscan.co/contact)

### 1 Attach heart monitor to electrodes before peeling off backing



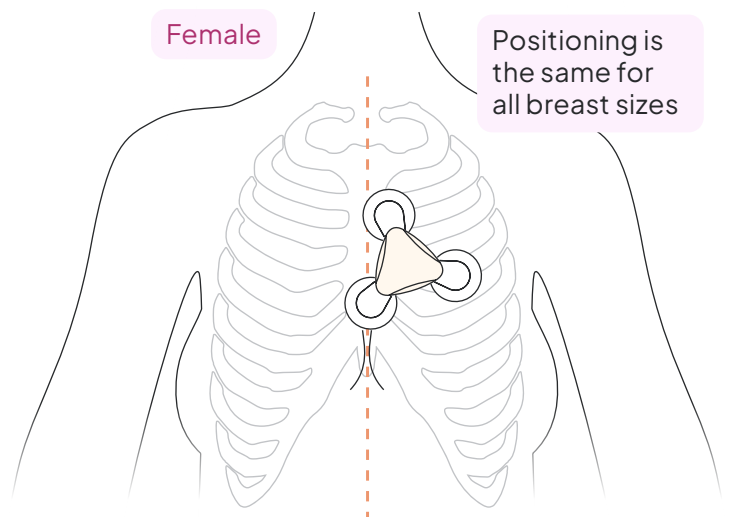
### 2 Recommended position and placement

Male



Female

Positioning is the same for all breast sizes



# Test Instructions and Symptom Diary

## During the test

It is important to note:

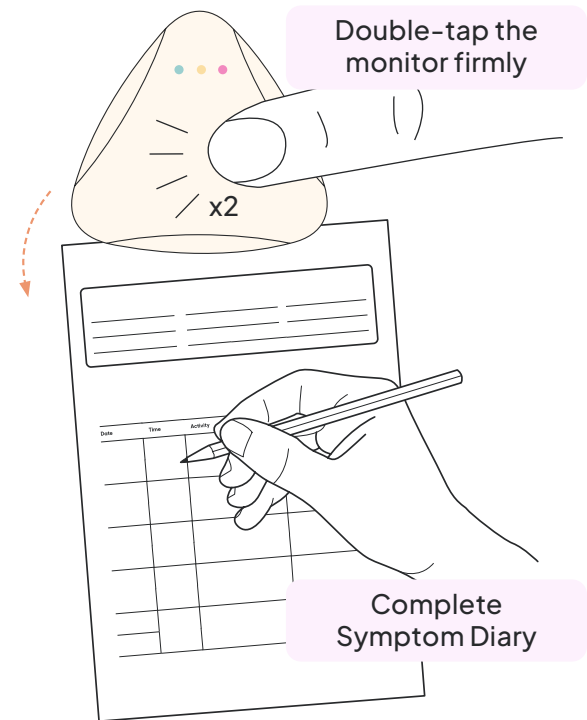
- Continue daily routines as normal.
- Take short showers and pat the heart monitor dry. **DO NOT** bath or submerge monitor in water.
- Mild skin irritation or redness is normal, but try to avoid scratching.

### 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



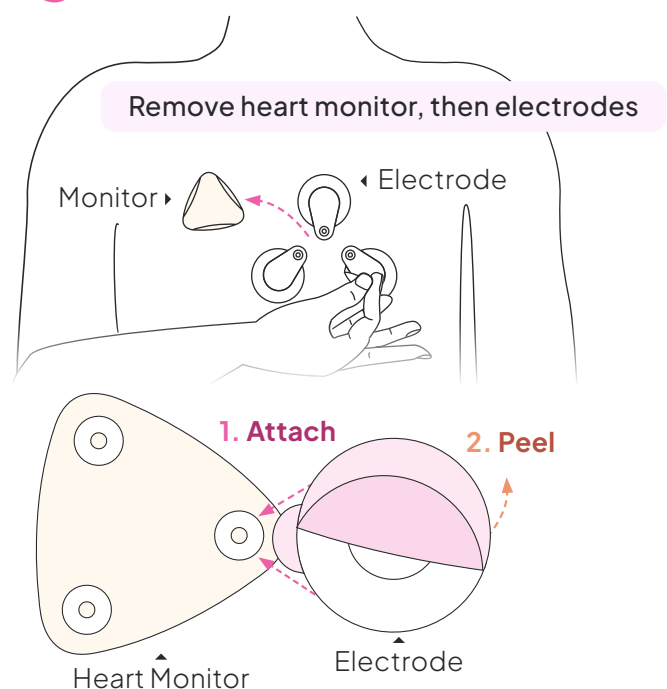
### 2. Replacing the electrode and heart monitor

- 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.

