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 heart monitor.

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:

Holter quick guide for dot electrodes

Returning your equipment

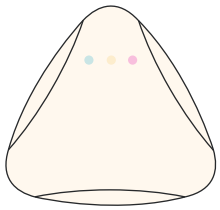
At the end of your test, remove the heart monitor and dispose of the electrodes.

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.

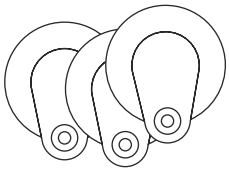
In case of a medical emergency, please contact the emergency services on 999

Ensure you have the below

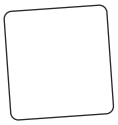
Heart monitor ◆



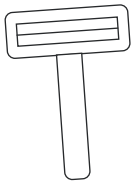
Dot electrodes *



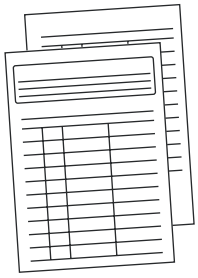
Skin prep pad *



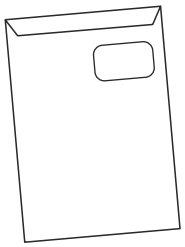
Single use razor *



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

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

Holter Monitor

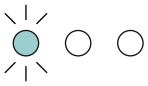
Fitting guide - dot electrodes

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.

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.



Green light

A flashing green light indicates the heart monitor has a good signal, and the test has started. This may take 1–2 minutes.

Beginning the test

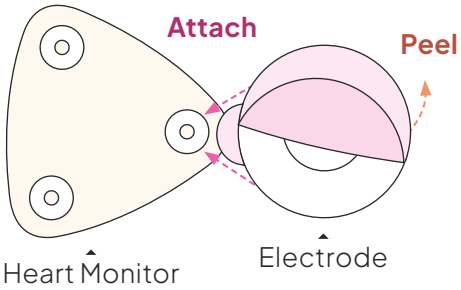
- Practice double tapping the heart monitor to ensure this can be done successfully, when feeling symptomatic.



Green / Yellow / Red lights

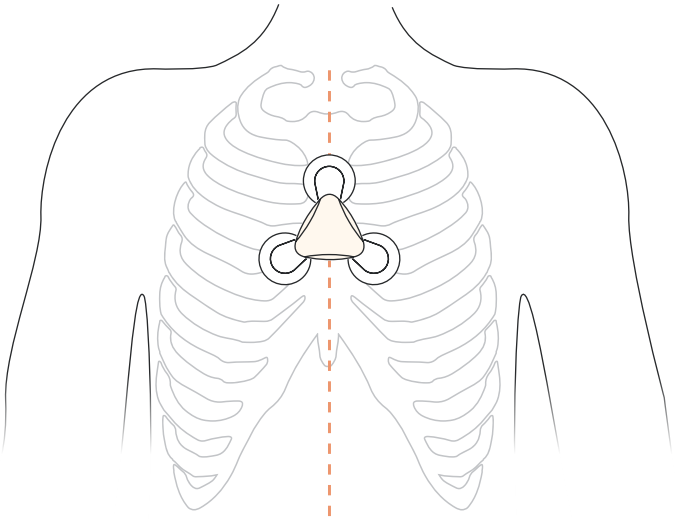
The green, yellow and red lights will flash to indicate the event has been recorded.

Attach heart monitor to electrodes before peeling off backing



Recommended position is the middle of the rib cage for both male and female.

Positioning is the same for all breast sizes.



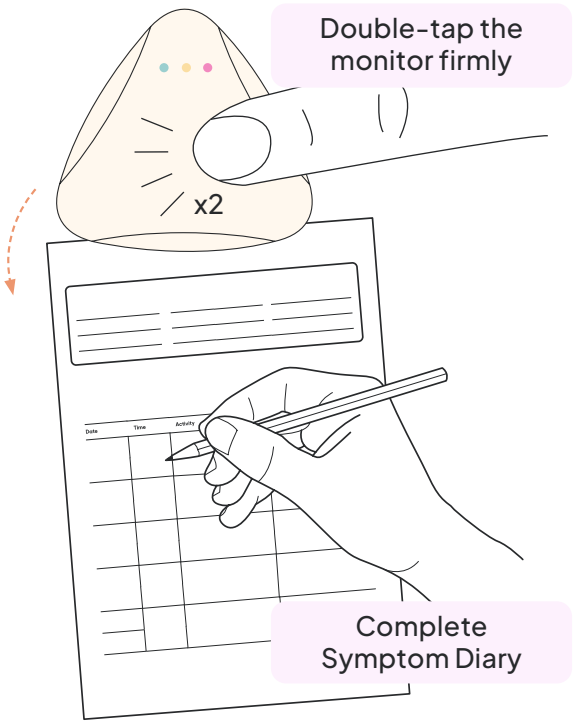
View the Test Instructions Guide for information on changing dot electrodes

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** bathe or submerge monitor in water.
- Mild skin irritation or redness is normal, but try to avoid scratching.



Marking a symptomatic event

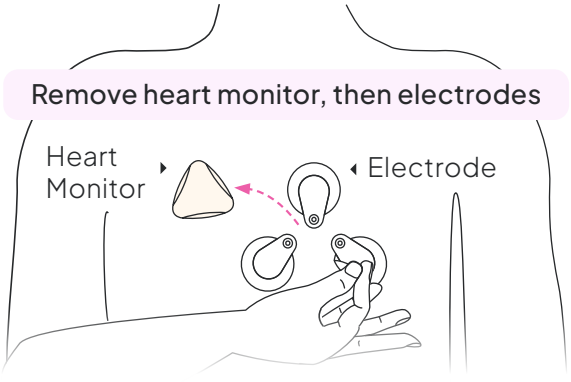
- When experiencing symptoms, double-tap the monitor firmly.
- A series of green, yellow and red lights will flash to indicate the event has been recorded.
- Fill out the Symptom Diary on the reverse of these instructions.

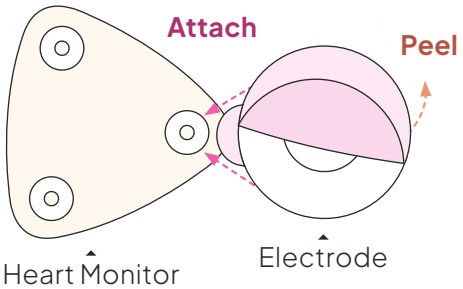
⚠ If skin irritation becomes unbearable you should remove device first then the electrodes, and seek medical advice.

Replacing the electrodes

- Remove the heart monitor from the electrodes, and place safely nearby. **Do not discard the monitor.**
- Carefully remove each electrode individually and dispose.
- Attach new electrodes to the metal anchor points on the back of the monitor **before** peeling.
- Once all are attached, peel the protective backing from the electrodes.
- Carefully position and apply the electrodes on your chest in a similar location as before.

ⓘ To ease removal of electrodes, remove the heart monitor first then soak the electrodes with warm water then pat dry before peeling





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** for more information.

Holter Monitoring

Patient name

__/__/____ Date of Birth

____ days Test length

Patient ID

Hospital Reference

☐ Pacemaker / ICD/ BiV
Tick if relevant

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

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

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

Symptom Diary *(Patient to fill in)*

	Date	Time	Duration	Activity	Symptoms: Chest pain	Dizzy	Flutters	Palpitations	Short of breath	Other
Example	*01/01/2025*	*10am*	*Less than 10 min*	*Walking*	✔					*Light-headed*