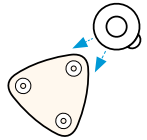


Electrode & Device Replacement

5 Step Process



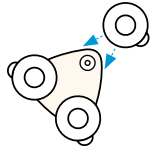
1. Remove Device

Gently detach the device.



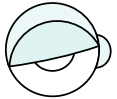
2. Remove Used Electrodes

Peel off and dispose old electrodes.



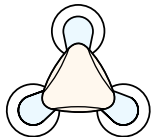
3. Attach New Electrodes

Connect new electrodes to the device.



4. Peel Backing

Remove the protective backing once attached.



5. Reapply Device

Place and press onto your chest in the same area.

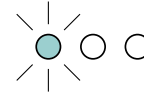


Scan the QR code & watch:
'Using the device during a test'.

What do the lights mean?

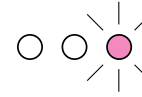
Green Light

1 flash every 2 seconds: **Recording.**



Red Light

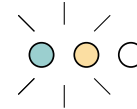
One flash every 2 seconds notifies that recording period has finished.



Permanently on notifies of device error.

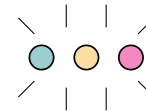
Green | Yellow

One flash every 2 seconds notifies that device battery level is low.



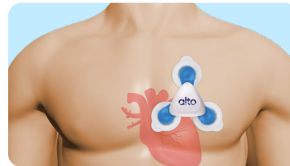
Green | Yellow | Red

When you double-tap to record an event.

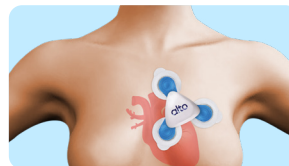
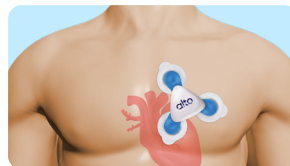
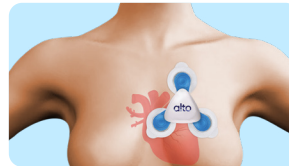


Alternative Electrode Positions

Male



Female



Replace the electrodes yourself if itching or skin irritation occurs. They can be replaced individually or all three at once.

Replace electrodes after showering when the skin is dry. At the end of the recording, detach the Holter by pulling it off the snap connectors.

Alto Holter Test Patient Diary

Patient name

Patient ID (if applicable)

Date of Birth

Gender

☐

Male

☐

Female

Pacemaker

☐

Yes

☐

No

Hospital

Specialty

Referring Dr.

Duration

Date & Time Fitted

Date & Time Removed

Technician

Symptom Diary (Patient to fill in)

Reason for study: _____ or Unknown: ☐

Please ensure the symptoms you record are cardiac related.
The symptoms listed on the following page are some common examples of cardiac related symptoms.

Example	Date	Time	Duration	Activity
	01/01/2025	10am	Less than 10 min	Walking

Symptoms

Palpitations	Fainted	Dizziness	Chest pain or pressure	Short of breath	Other
✓					Light headed

During the Test

Important Information



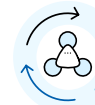
Avoid using soap or hot water during showers.



Take short showers (approximately within 15 minutes) and gently pat the device dry. Do not submerge the device.



Do not swim with the device on.



Change electrodes when necessary.



If you feel any cardiac related symptoms, double-tap the device firmly. The green, yellow, and red lights will come on to confirm the event has been recorded. There is not a requirement to tap more than twice for one symptom experienced.



Patients should avoid undergoing MRI, CT scans, or similar imaging procedures during the Holter test period.

If you develop severe chest pain or have difficulty breathing, please seek immediate medical attention. Do not wait for your test results.

If you experience any adverse reaction or signs of an allergic response, please remove the patch immediately, discontinue use, and contact your physician as soon as possible.

Your data is securely analysed by Cardiac Diagnostics team.
Encrypted. Accurate. Confidential.