

# Test Instructions and Symptom Diary

## During the test

It is important to note:

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

### 1. Recording an event

- When experiencing symptoms, double-tap the recorder 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.

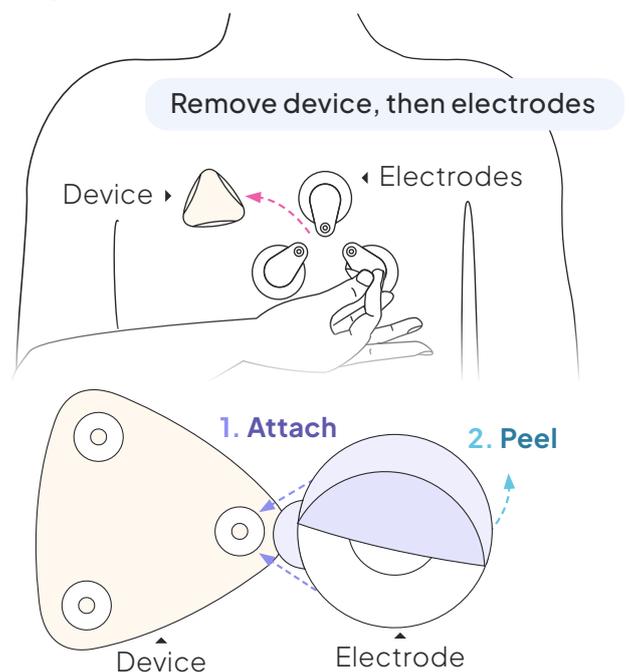
### 1 Recording an event



### 2. Replacing the electrodes and device

- Remove the device from the electrodes, and place safely nearby. Do not discard device. i Electrodes are the round stickers that attach to the device
- Carefully remove each electrode individually and dispose.
- Attach new electrodes to the metal anchor points on the back of the device **before** peeling the protective backing from the electrodes.
- Carefully position and apply the device at a similar location as before.

### 2 Replacing the electrodes and device



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