



Mail Order Showerproof Holter Monitor Fitting Guide

Thank you for agreeing to use our Mail Order Holter Service. Please wear the Holter monitor for:

24-hours	48-hours	72-hours	7-days
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The Holter monitor has been designed so that you can go about your normal activities during the wear-period. This means you exercise and shower without taking it off. The Holter monitor will take a constant recording of your heart so that your doctor can make a quicker and more accurate clinical diagnosis of what is causing your symptoms.

It is important you carefully read this guide, follow the instructions and at the end of the wear-period a courier will collect the Holter monitor from your home.

The process will be:

1. Familiarise yourself with this guide.
2. If possible watch the video www.ecg-od.com/video1
3. Prepare your skin, fit the Holter monitor and start the recording.
4. **Call 0345 521 2992 (select option 2)** so we can check all is working correctly.
5. At the end of the requested wear-period, remove the Holter monitor.
6. Return the Holter monitor. A courier will collect at the agreed time.

Items in the box

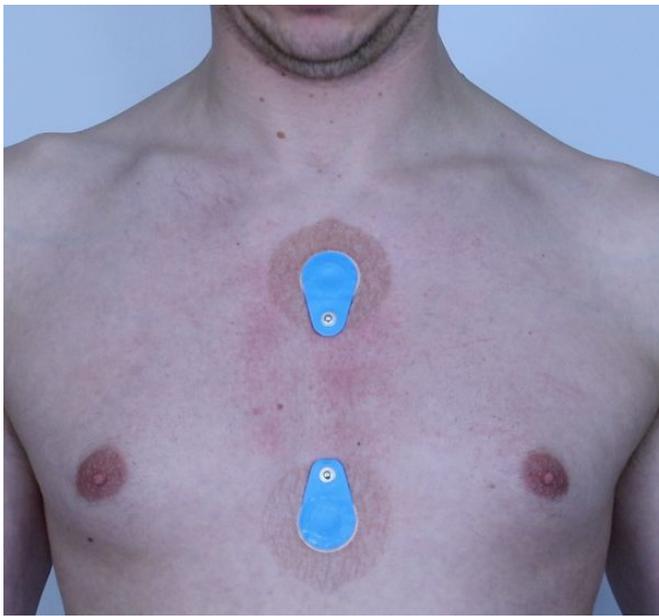
- Sanitised Holter Monitor (including lead set)
- Single-use Ambu VLC ECG Electrodes
- Single-use exfoliating skin-prep strip
- Single-use alcohol-free wipe
- Sterile gauze swab
- Patient diary sheet
- Single-use razor
- Pre-addressed envelope

Skin Preparation

Skin preparation is very important and time should be taken to ensure the best ECG recording quality and electrode adhesion. If any moisturising or beauty products have been used where the monitor will be fitted, please use soap and water (dry well after) to remove these products prior to the next skin preparation stages.

There are four stages in the skin preparation process:

1. **Identify** the areas to be prepared (see electrode position diagram on page 2)
2. **Remove** any hair using the razor provided
3. **Exfoliate** the skin gently using the provided skip-prep strips
4. **Clean** the skin using the non-alcohol wipe provided (wipe 10 times)
5. **Rub** the cleaned skin with a gauze swab for 30 seconds (until dry)

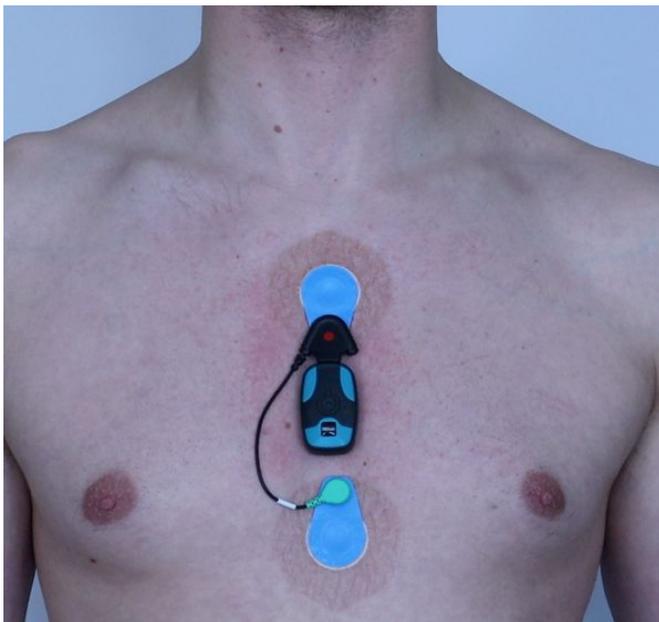


Electrode fitment

The gold pack contains 4 ECG electrodes but only 2 will be used. The others are to be used as spares if the ECG electrodes come loose during the wear-period.

The electrodes should be positioned on the top and bottom of the breastbone with the tabs pointing at each other.

Remove the backing and fit in the desired position. To ensure good skin adhesion, smooth down the edges and avoid pressing the centre of the electrode



Sanitised Holter monitor and cable fitment

Ensure the Holter monitor is firmly attached to the lead set (cables).

The cables attach to the electrodes via push studs, much like on an item of clothing or bed sheets.

Attach the cable and Holter monitor into the electrodes as shown in the picture.

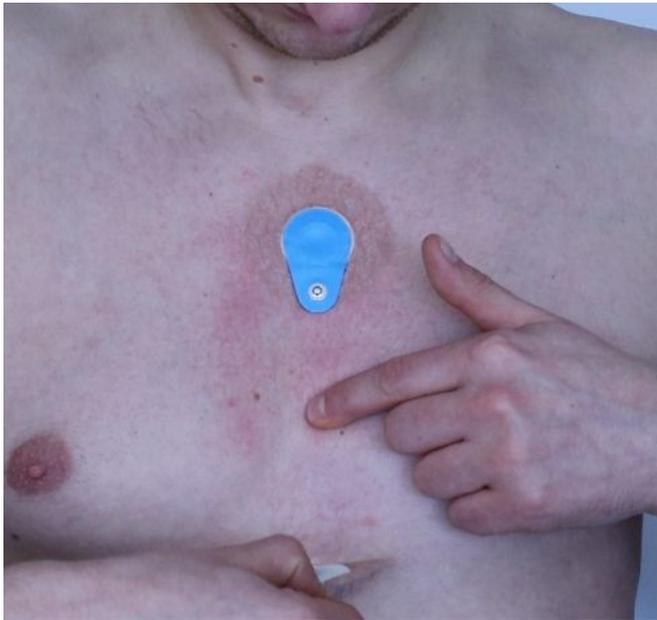


Starting the recording

To start the recording firmly press and release the big central push-button **once** and for only **one second** before releasing.

If the recording has been started successfully you will see a small **green** light flashing (on the heart icon) every 5 seconds. If the light is not seen flashing within a couple of minutes, press the button again.

Call 0345 521 2992 (select option 2) so we can check the device if working correctly.



End of recording

At the end of the wear-period remove the Holter monitor and lead set (cables).

Gently remove the two electrodes from the skin and dispose of these in a bin (not the cable or device).



Holter monitor return

Place **only** the following in the padded envelope (with a courier return label) provided:

1. Patient Diary sheet (if used)
2. Patient feedback form
3. Holter monitor
4. Lead set (cables)

Seal the envelope. A courier will collect the envelope from you on the arranged date.



Help and instructional video

An online video of the Holter fitment can be found here:

www.ecg-od.com/video1

If you require further assistance and would like to speak to somebody, please call:

0345 521 2992 (select option 2)