



HEART MONITOR PATIENT SELF-FITTING GUIDE

RING 0345 6080542 FOR HELP MON - FRI 9:00AM - 5:00PM

PLEASE WEAR THE MONITOR FOR:

	24-hours		48-hours		72-hours		7-days
--	----------	--	----------	--	----------	--	--------

This 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. The monitor has been designed to be easily self-fitted at home. Please go about your normal activities during the wear-period; this means you can exercise and shower without taking it off (please don't swim or bathe).

IMPORTANT: PLEASE FIT SAME DAY OR NEXT WORKING DAY 9:00AM - 5:00PM

1

WATCH THE VIDEO & DOWNLOAD THE APP

Prior to fitting the monitor, where possible, please watch our short video: www.ecg-od.com/fitting

Read these instructions carefully. If you can, download the diary App by scanning the QR code or search the App/Play store for ECG-OD Diary. Record your symptoms on your smartphone. Alternatively, use the paper diary provided.



2

ITEMS IN THE BOX

Check you have the following items:

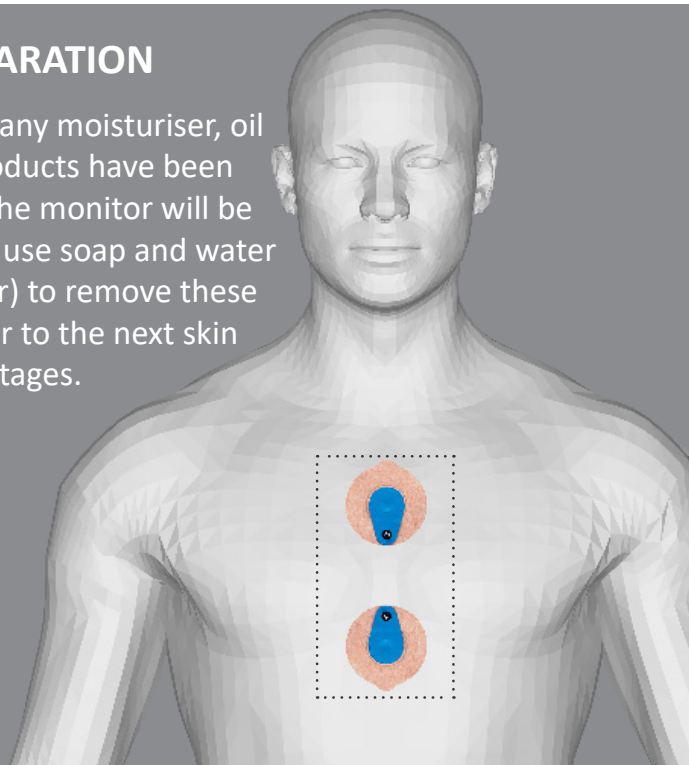
- Heart Monitor (including cable)
- ECG Electrodes (spare sticky pads)
- Alcohol wipe (to clean skin)
- Razor (to remove hair)
- Paper diary (for recording symptoms)
- Return envelope



3

SKIN PREPARATION

Important: If any moisturiser, oil 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.



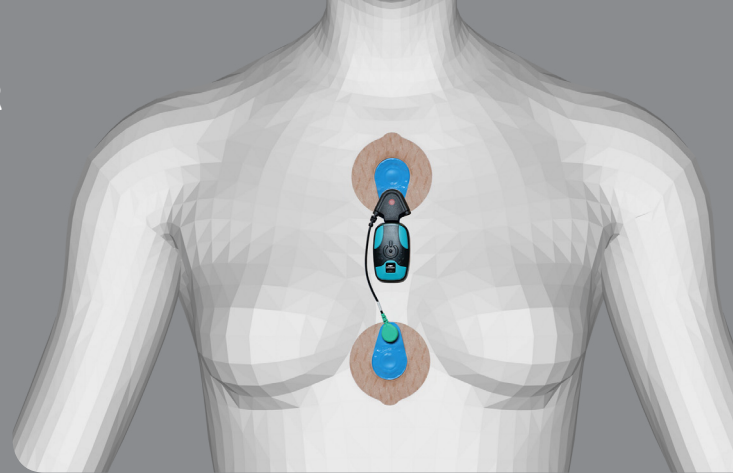
THE SKIN PREP PROCESS:

1. **Identify** the areas to be prepared (see left)
2. **Remove** any hair using the razor
3. **Clean** vigorously the area using the alcohol wipe
4. **Dry** the skin allowing any cleaning solution to evaporate naturally for 2 full minutes

4

ATTACHING THE HEART MONITOR

- Carefully remove the backing from the electrodes and apply as per the diagram on the right
- To ensure skin contact, smooth down the edges of the electrodes, but avoid pressing on the centres



5

STARTING THE MONITOR

- The device will start automatically on skin contact. If successful, you should see a green light flashing (on the heart icon) every 5 seconds. The flash is faint, so ensure you are not in bright conditions
- IF THE LIGHT IS NOT VISIBLE, CALL THE HELPLINE 0345 6080542 (open Mon-Fri 9:00am to 5:00pm)



6

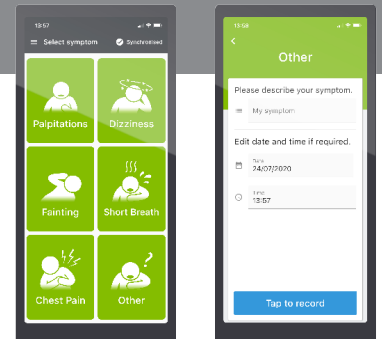
REPLACING THE ELECTRODES

If an electrode comes loose, change it using the spares provided. The electrodes connect to the cable using simple push studs. If you have an adverse skin reaction, remove the monitor and electrodes and call the helpline.

7

RECORD YOUR SYMPTOMS

It will aid your diagnosis if any significant symptoms and their times are recorded. Use the smartphone App or the printed diary.



8

ENDING THE RECORDING

Simply remove the monitor and cable. Gently remove the two electrodes from the skin and dispose (but NOT the cable or device).

9

MONITOR RETURN VIA POST OFFICE ONLY

Take the envelope to your local Post Office and hand it in over the counter - there are no delivery costs and the service is free.

Return is via a tracked service so **DO NOT USE A POST BOX.**

Please ensure the following are returned in the envelope provided:

1. Patient paper diary (if used)
2. Holter monitor (including cable)

