



ECG On-Demand



SHOWERPROOF HEART MONITOR



SELF-FIT INSTRUCTION MANUAL

Fit the monitor the same day or next working day

Please wear the monitor for:

☐ 24hrs ☐ 48hrs ☐ 72hrs ☐ 5 days ☐ 7 days ☐ 14 days

WE ARE HERE TO HELP YOU

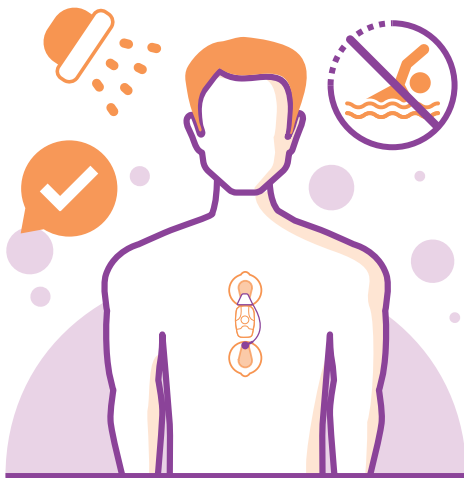
Call our patient support line if you require any further advice or guidance;
0345 6080542 Monday to Friday, 9:00AM - 5:00PM (Closed Bank Holidays)
Or alternatively, email patient@ecg-od.com

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This monitor will take a constant recording of your heart so that your doctor can make a quicker and more accurate clinical diagnosis.

You are able to go about your normal activities during the wear-period; this means you can exercise and shower without taking it off (however, please don't swim or bathe).



WARNING!

Mild skin irritation can be normal. If severe skin irritation occurs (itching, redness) or allergic symptoms develop, remove the heart monitor and electrodes immediately.

WHAT'S IN THE BOX?

Please check carefully that you have the following items:



Heart monitor
(including cable)



ECG electrodes
(spare sticky pads)



Razor
(if requested, for hair removal)



Alcohol wipe
(to clean skin)



Gauze swabs
(to exfoliate & dry skin)



Paper symptom tracker
(for recording symptoms)



Patient feedback form



Return pre-paid packaging
(to return the monitor, cable, symptom tracker & patient feedback form)

APPLY YOUR HEART MONITOR IN 3 EASY STEPS:



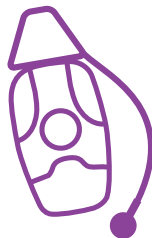
STEP 1

Prepare the Skin



STEP 2

Attach to Body



STEP 3

Connect the Device

Prior to fitting the monitor, where possible, additional guidance is in the fitting video which can be found by visiting www.ecg-od.com/fitting

WE ARE HERE TO HELP YOU

Please call us if you require advice or guidance in fitting the device, particularly if you have scarring or previously had surgery in the fitting area.

0345 6080542

Monday to Friday, 9:00AM - 5:00PM
(Closed Bank Holidays)

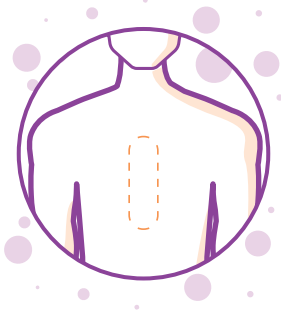
IMPORTANT!

Correct skin preparation ensures the device sticks to your chest correctly.

STEP 1

PREPARING THE SKIN

Where possible, additional guidance is in the fitting video which can be found by visiting www.ecg-od.com/fitting



IDENTIFY MONITOR LOCATION

The monitor should be placed within the centre of the breastbone. You need to prepare your skin in the area highlighted in the image.



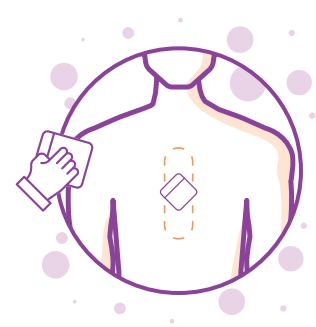
REMOVE HAIR

Hair removal is essential. If required, use hair clippers or the razor provided.



WASH & TOWEL DRY

Wash skin with non-moisturising soap and water. It is important to fully remove any moisturiser, oil or beauty products.



CLEAN SKIN

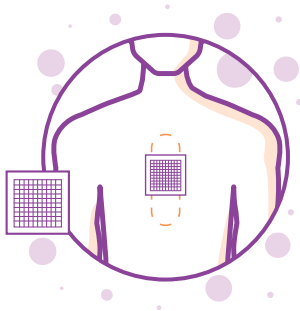
Use the alcohol wipe provided. Allow the skin to air dry for 2 minutes before the next stage.

STEP 1

PREPARING THE SKIN

STEP 1

PREPARING THE SKIN



EXFOLIATE SKIN

Rub vigorously at least 10 times, with the gauze pad provided.

STEP 2

ATTACHING THE ELECTRODES

PLACE THE ELECTRODES



IMPORTANT!

To ensure the electrode sticks, smooth down the edges of the electrodes until they are attached to the skin, but avoid pressing on the centres. Correct placement will improve the quality of the recording.

Starting with the bottom electrode, remove the white backing, including the clear plastic centre, it should detach as a whole piece. Apply to the bottom of the breastbone as per the diagrams on the left with the electrode positioned in the direction shown. Now apply the top electrode, removing the white backing as before. The electrodes need to be evenly spaced to ensure that when the device is sitting on the breastbone it should not overlap or sit on the electrodes.

STEP 3

PREPARING THE DEVICE



ATTACH DEVICE TO CABLE

Ensure the head of the cable is fully inserted into the top of the heart monitor.



POOR CONNECTION

Connector is not fully inserted.

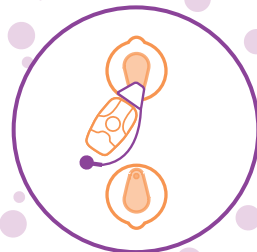


GOOD CONNECTION

Connector is fully inserted.

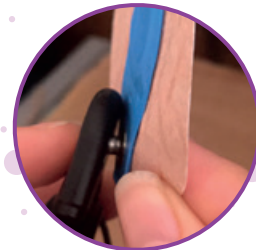
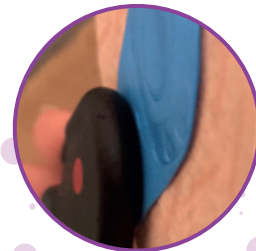
UNDER 5 YEARS OLD

Please see the paediatric leaflet when preparing the device for patients under 5 years old.



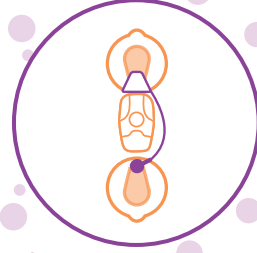
ATTACH TO TOP ELECTRODE

Clip the head of the cable to the press stud on the top electrode.



ATTACH TO BOTTOM ELECTRODE

Clip the tail of the cable to the press stud on the bottom electrode.



STEP 4

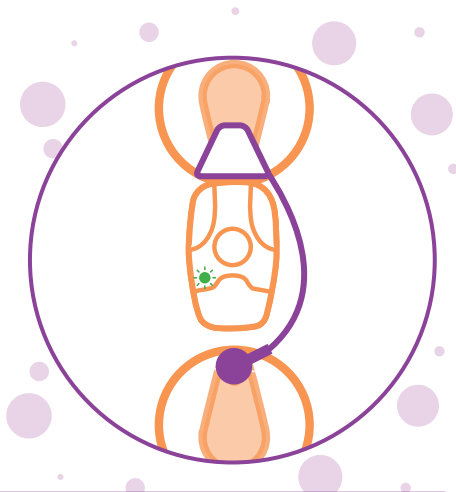
FITTING THE DEVICE

STEP 4

FITTING THE DEVICE

STARTING THE DEVICE

The heart monitor will automatically start when connected. You should hear a short beep at the start of the recording with a faint green light that will flash intermittently throughout the recording. The flash is faint, so ensure you are not in bright conditions. It may help to look at the device face-on to a mirror, rather than looking down at it.



IMPORTANT!

If the green light is not visible call the helpline on 0345 6080542. (Open Monday-Friday, 9:00AM - 5:00PM) (Closed Bank Holidays)

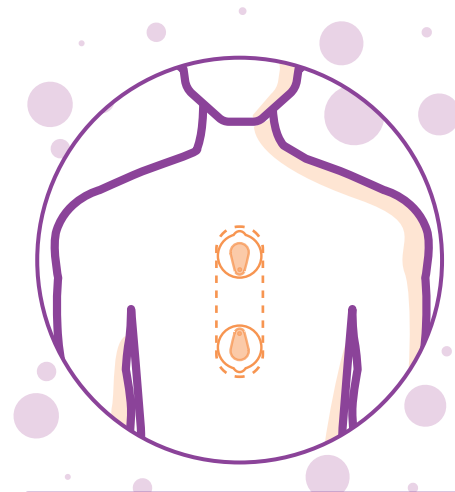
STEP 4

FITTING THE DEVICE

REPLACING THE ELECTRODES

If an electrode comes loose, it is essential to change it using the spares provided and follow the previous skin preparation steps.

While changing the electrodes, the device will continue to record. **It will not beep again and you do not need to press the button.**



IMPORTANT!

For 7 & 14 day studies, the electrodes should be changed every 3 days following Step 1.

STEP 5

REMOVING THE DEVICE

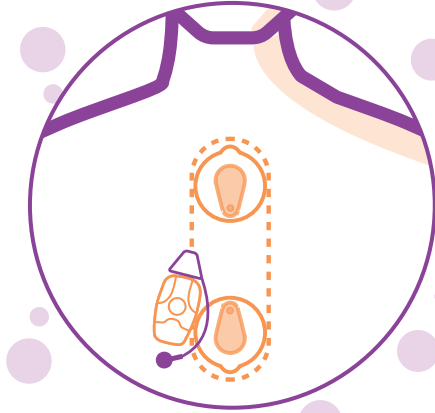
Where possible, additional guidance is in the fitting video which can be found by visiting www.ecg-od.com/fitting

REMOVING THE MONITOR

At the end of the wear-period, simply unclip the heart monitor and cable from the electrodes and place both in the pre-paid return envelope provided and seal.

IMPORTANT!

Return Monitor + Cable + Paper Symptom Tracker + Patient Feedback Form



STEP 5

REMOVING THE DEVICE

REMOVING THE ELECTRODES

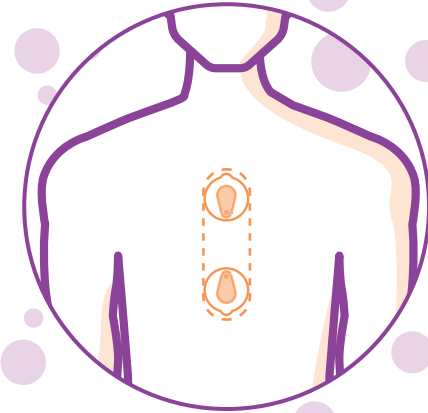
To remove the electrodes, press the blue circle in the centre of the electrode, this will disperse the gel and aid the removal. Gently peel the electrode from the skin.

If you are struggling to remove the electrodes please use soap and water to soften the adhesive and try again.

Dispose of the electrodes at home.

WARNING!

Mild skin irritation can be normal. If severe skin irritation occurs (itching, redness) or allergic symptoms develop, remove the heart monitor and electrodes immediately.



SYMPTOM TRACKING

Please record any symptoms such as palpitations, dizziness, shortness of breath or other heart related symptoms, on the paper symptom tracker or using the smartphone app.

Details on how to download the app can be found on the paper tracker.



STEP 6

SENDING BACK THE MONITOR

Return Monitor + Cable + Paper Symptom Tracker
+ Patient Feedback Form

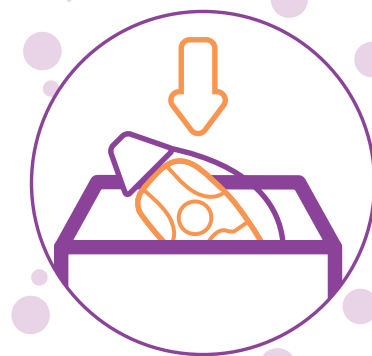
POST OFFICE RETURN

Please take the sealed, pre-paid envelope containing: the monitor, cable, paper symptom tracker and patient feedback form to the post office counter service. The return postage is pre-paid, but please ensure you obtain a receipt for proof of postage.

DO NOT USE A POST BOX.

COURIER COLLECTION RETURN

If a courier collection was discussed during your initial call please contact our customer helpline on 0345 6080542.
(Open Monday - Friday, 9:00AM - 5:00PM) (Closed Bank Holidays)



PRIVACY POLICY

ECG On-Demand is a trading name of Technomed Limited. We are a registered NHS Digital Business Partner with an ODS code of 8HR58. This privacy policy will explain how our organisation uses the personal information we collect when you wear one of our Holter monitors.

Topics

- What data do we collect?
- How do we collect your data?
- How will we use your data?
- How do we store your data?
- What are your data protection rights?
- Changes to our privacy policy
- How to contact us
- How to contact the appropriate authorities

What data do we collect?

We collect the following data:

- Personal identification information (name, address, date of birth, etc.)
- The reason for testing
- Any symptoms experienced during the test
- Your ECG recording

How do we collect your data?

Your personal identification information together with reason for testing, is provided by the healthcare provider who has requested your test. Your symptoms are collected when you use our symptom logging app or return a paper symptom diary. Your ECG data is collected when you return the Holter monitor after the wear-period.

PRIVACY POLICY

How will we use your data?

We will use your data exclusively for your healthcare. Your personal information will not be shared with 3rd parties uninvolved in your healthcare. We will not contact you for marketing purposes.

How do we store and process your data?

We store and process your personal identifiable data securely within UK government approved UK data centres. The standard period we hold your personal information, and the ECG data your test report is based upon is a minimum of 8 years, unless instructed otherwise by the healthcare provider requesting your test. We retain your ECG data for the purposes of re-examination or if a second opinion is sought.

What are your data protection rights?

We would like to make you fully aware of your data protection rights. Every service user is entitled to the following:

The right to access - You have the right to ask us for a copy of your personal data we hold on you. We may charge you a small fee for this service.

The right to rectification - You have a right to request we correct any information you believe is inaccurate, or complete any information you believe is incomplete.

The right to erasure - You have the right to request we erase your personal data, under certain conditions.

The right to restrict processing - You have the right to request that we restrict the processing of your data, under certain conditions.

The right to object to processing - You have a right to object to us processing your personal data under certain conditions.

The right to data portability - You have the right to request we transfer the data we have collected to another organisation, or directly to you, under certain conditions.

PRIVACY POLICY

Changes to our privacy policy

We keep our privacy policy under regular review. This policy was last updated on 19 July 2021.

How to contact us

If you have any questions about our privacy policy or the data we hold on you or you would like to exercise any of your rights, please contact us at; **dpo@technomed.co.uk**

Or write to:

The Data Protection Officer
Technomed Limited
Unit 23, 1912 Mill
Sunny Bank Mills
83-85 Town Street
Farsley
West Yorkshire
LS28 5UJ

How to contact the appropriate authority

Should you wish to report a complaint or feel we have not addressed your concern in a satisfactory manner, you may contact the Information Commissioner's Office quoting reference ZA083437.

Web: <https://ico.org.uk/make-a-complaint/>

Phone: 0303 123 1113



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Call our patient support line if you require any
further advice or guidance;

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