

myPatch hook up instructions

for adult patients

Your doctor has chosen Cardiac Monitoring Service to provide you with the latest Holter technology.

Please read all instructions carefully to ensure your test is successful.

Getting started

Check your kit has all items listed. Then read instructions overleaf, and watch videos.

At the end of your test

myPatch turns off at the end of the test period. At this time:

- Remove carefully: Soak with warm water & Dawn liquid soap, then peel slowly.
- Stick it to the white electrode pouch with the device still attached
- Fill in your Patient Feedback form

Returning the device

Place myPatch device in prepaid envelope, along with Patient Diary and Feedback form (even if you didn't use them).

Check you have received:

1 x myPatch recorder



- Skin prep pads
- Patient diary

1 x myPatch electrode patch



- Patient feedback form
- Return envelope

Contact details

If you have any questions or concerns during your myPatch test, please contact your medical team at:

E: info@cardiacmonitoringservice.com

T: +1-800-267-5248

In case of a medical emergency, please contact the emergency services on **911**

How to apply myPatch

STEP 1 Prepare the skin

Remove any chest hair where myPatch will be placed. Clean areas with prep pads, then allow skin to dry.

STEP 2 Prepare the device

- Remove the electrode Patch from the pouch (keep pouch)
- Press the myPatch recorder onto the four metal snaps on the electrode patch.
- Hold power button for up to 10 secs - a green light will flash. When it stops, your device is ready. NO light is on during the test.

STEP 3 Apply myPatch

Peel the plastic cover off the back of the myPatch electrode and place on the body as shown. Smooth out all edges of the electrode, ensuring there are no creases or folds.

STEP 4 Record time & date

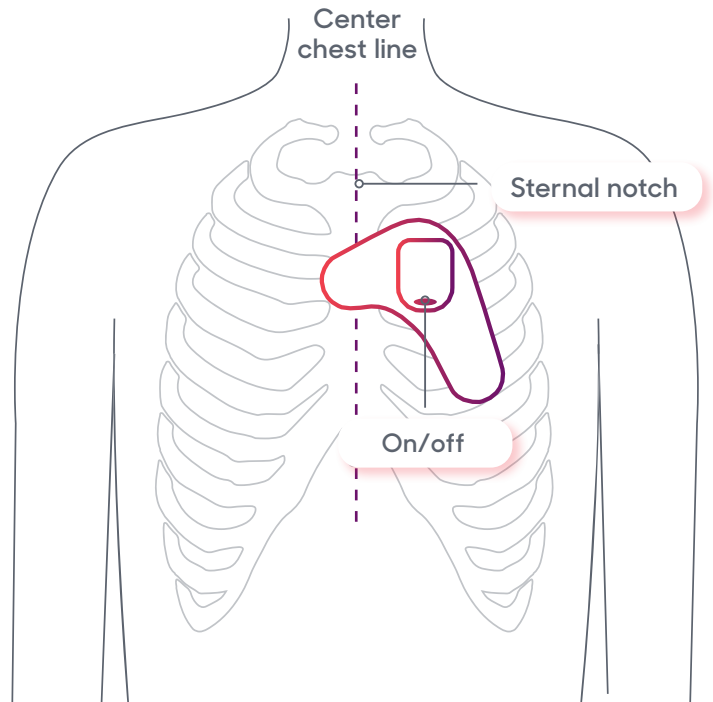
You must now mark the time & date of your fitting on your symptom diary.

During your test

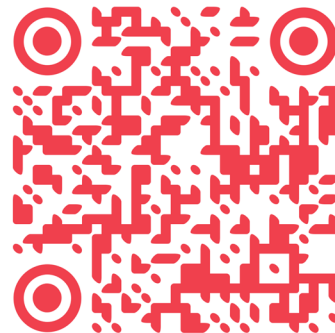
Continue with daily routines as normal, including exercise and showers. Some slight skin irritation, itchiness or redness may occur, which is normal. Please remove the patch if the patient feels any unbearable discomfort and inform the clinic immediately.

Recording events and symptoms

If the patient experiences any symptoms during the test, such as dizziness or heart flutters, the patient or a carer should double tap the device to mark the event on the Holter study. **Next, fill in the details of the event in the Patient Diary.**



Watch "How to apply myPatch" on video



QR code

Watch easy-to-follow video instructions by scanning the QR code (above) with your iPhone camera and clicking the link or using your preferred Android QR code reader.

Website

cardiacmonitoringservice.com/mypatch-help