

Patient Symptom diary

Your doctor has chosen to provide you with the latest cardiac monitoring technology and highest standards of patient care, using a myPatch Holter. The lightweight, waterproof device allows you to continue with your regular daily activities, while recording your heart beat continuously for the entire test.

Using your Patient Symptom Diary

myPatch allows you to indicate if you experience any mild symptoms, such as dizziness.

Firmly and quickly double-tap the device. A blue light will come on to show the event has been marked on your test. (**Do NOT press the button as it will stop your test**)

Then, record your symptoms on the Symptom Diary overleaf to capture the specific symptoms you experienced.

Getting started

Please read the Patient Instructions in your myPatch Patient Kit before applying the device.

We advise that you

- Wear loose fitting clothes
- Take any medications as normal unless advised otherwise
- Continue with typical daily activities, including showers and exercise
- Remember to mark the time & date of your fitting on the top of your symptom diary.

Visit us online for more information.

For urgent concerns please contact your doctor or local emergency services.

