

# Symptom diary information

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.

**Any questions or concerns during your test, please contact:**



**E: [info@cardioscan.co.uk](mailto:info@cardioscan.co.uk)  
T: 01992 351 033**

In case of a medical emergency, please contact the emergency services on **999**

## Improving results with secure data analysis

The Trust is utilising CardioScan to manage the ECG service and to analyse your data. Your data will be uploaded onto a secure online platform called BeatBox, located in England. A cardiac technician located in Australia will log in remotely and analyse your data within 24-hours from the upload. Your data never leaves the UK.

