

# myPatch Holter test

## for paediatric patients

Your doctor has chosen CardioScan myPatch Holters to provide you with the latest cardiac monitoring technology & best in patient care.

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

### Getting started

Check your kit has all contents, then read the How to Apply instructions overleaf, and watch the videos.

### At the end of your test

myPatch **turns OFF automatically** at the end of your test. At this time:

- Remove the patch slowly from the skin
- 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 the return prepaid envelope with the Patient Diary & 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

### Help and support

For help during your test with FAQs or to watch instructional videos, visit:

[cardioscan.co/mypatch-help](https://cardioscan.co/mypatch-help)

#### Contact us

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**

## How to apply myPatch

### STEP 1 Prepare the skin

Remove any chest hair then clean the area with the prep pads. 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 down - a green light will flash for 30 secs as device starts up. When it stops, the device is ready.

**NO LIGHT** will show during recording.

**DO NOT** press the power button once the test starts.

### 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

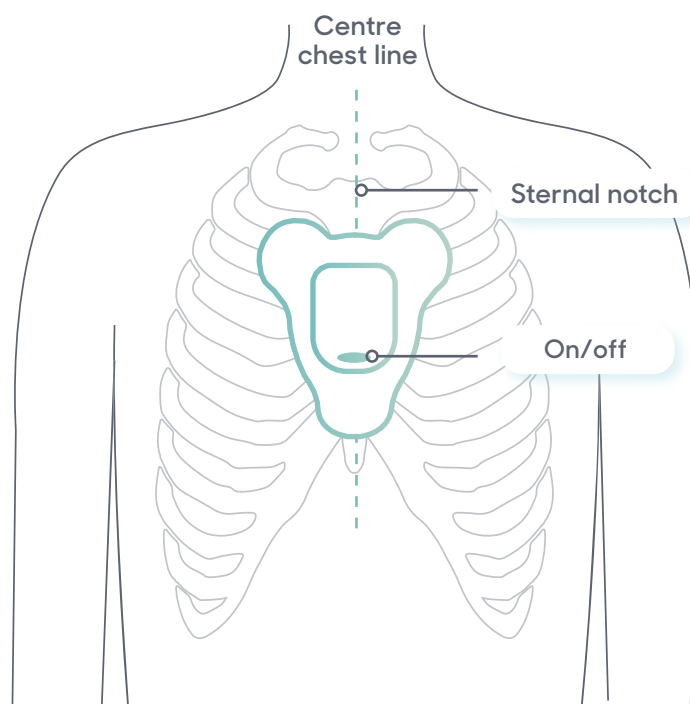
You must now mark the time & date of your fitting on your symptom diary.

## During your test

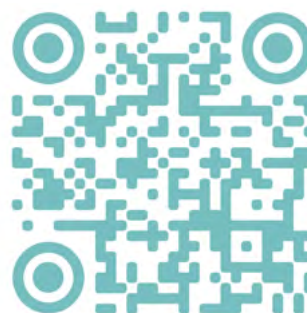
Take short showers and pat the device dry after. Please do not bath or submerge in water. Some slight skin irritation or redness may occur, which is normal. If the discomfort is unbearable, remove the patch and contact your doctor immediately.

### 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

Visit [cardioscan.co/mypatch-help](https://cardioscan.co/mypatch-help)

#### Partnering with Arrhythmia Alliance

For general information, support and education about all cardiac arrhythmias, contact Arrhythmia Alliance or its sister charities.



# Common Questions

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## What do the lights on the myPatch device mean?

**Green flashing light** – your device is starting up. It will flash for about 30 seconds and then stop. Once it stops, your test is underway. Do NOT press the power button at any other time during your test.

**Blue light** – if you feel mild symptoms, you can double-tap the device quickly and firmly to time stamp when the symptoms occurred. A blue light will appear briefly to show that you successfully recorded to the event.

**Red light** – you may have accidentally turned the device off. If this occurs, simply turn the device back on by holding the power button for one second until you see the green flashing light. After 30 seconds it will stop and your test will resume. If the device doesn't power ON for some reason, please contact us directly using the number on your instructions guide.

**Yellow light** – if there is a yellow light, then the device may have a low battery. Please contact us immediately.

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## I cannot see a light on the device – is my test working?

**Yes!** When you turn on the device, you will see a green flashing light as the myPatch recorder starts up. Once the device is ready, the light goes off and your test is underway.

**DO NOT** press the power button at any other time during your test. myPatch will automatically turn OFF once your test is complete.

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## What do I do if I experience symptoms while wearing myPatch?

Simply doubletap the device firmly and quickly. A blue light indicates the event has been marked on your test. Next, be sure to fill in your Symptom diary.

You can watch our *How to Record an Event on myPatch* video at [cardioscan.co/myPatch-help](https://cardioscan.co/myPatch-help)

If you experience any severe symptoms while wearing the myPatch Holter monitor, then follow the medical advice of your health professional and seek help immediately. In an emergency, call 999.

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## What should I do if my skin feels irritated during the test?

Mild irritation may occur during your myPatch test. If mild irritation does occur and you still able to wear myPatch comfortably, then please continue to do so. If symptoms persist then please contact your healthcare professional from the clinic administering the test for advice.

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## Do I need to limit my activity while wearing myPatch?

One of the benefits of a myPatch Holter device is that you are free to work, exercise, shower or do any other regular daily activities. We recommend wearing comfortable, loose clothing throughout the duration of the test, in case you need to tap the device to record an event. Take short showers and pat dry the device dry afterwards.

### For help during your test

with FAQs or to watch instructional videos, visit: [cardioscan.co/mypatch-help](https://cardioscan.co/mypatch-help)

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