

Provided by



Clarus 40M Heart Monitor

WELCOME

Your doctor has chosen Cardiac Monitoring Service to provide you with the latest heart monitoring technology available.

The **Clarus 40M** monitor allows you to indicate when you have symptoms like flutters, shortness of breath, fainting, or other events.

This quick guide shows you how to use your device.

At the end of your test

Please return all equipment to your doctor, or post back using the mailing packaging supplied.

SUPPORT AND MORE INFORMATION

T: +1-800-267-5248

E: info@cardiacmonitoringservice.com

www.cardiacmonitoringservice.com

IN YOUR PACK YOU WILL FIND

- 1 x Clarus 40 monitor + case
- 1 x Lead wires
- 1 x USB connector
- 1 x Charger
- 1 x Electrodes pack

CONNECTING AND CHARGING

Keep electrodes connected

The device will VIBRATE if an electrode is accidentally disconnected. If too many electrodes disconnect, the Clarus 40M will stop recording, and prompt you to reconnect.

Keep battery charged

It takes 30-60 minutes per day to ensure that the monitor has enough charge to not interrupt your study.

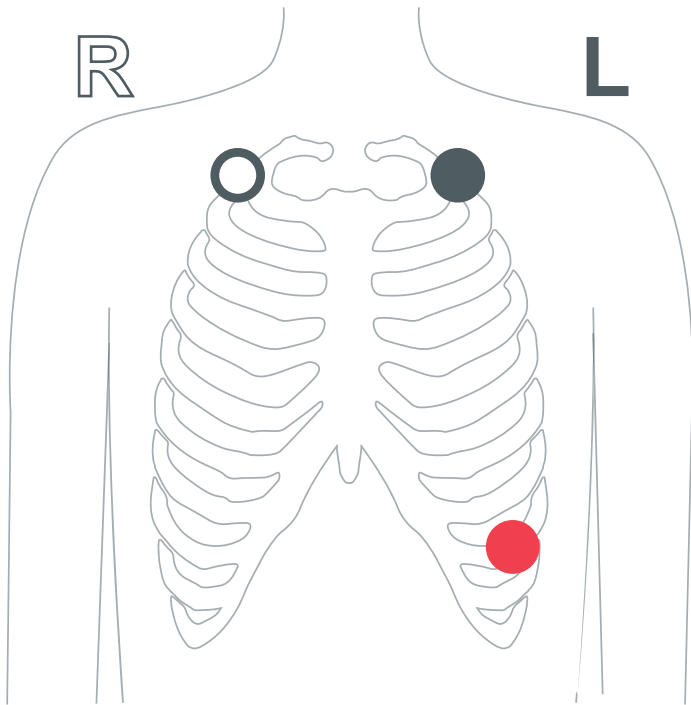
To recharge the monitor while wearing it, simply plug the wall charger lead into the barrel of the lead wire.

How to use your **Clarus 40M** event monitor

APPLYING THE DEVICE

1. **REMOVE HAIR** with a razor from the electrode sites – as shown.
2. **CLEAN** the sites with the alcohol prep pads provided. Let dry.
3. **CONNECT LEAD WIRES** to the electrodes, and then remove the backing from the electrodes.
4. **APPLY** to the skin, pressing firmly.

NOTE: Make sure to match electrodes to the configuration shown or as instructed by your doctor.



DURING YOUR TEST

You will need to keep the device dry. When showering, bathing or swimming, **DISCONNECT** the lead wire from the electrodes on your body and place the device in a safe, dry place.

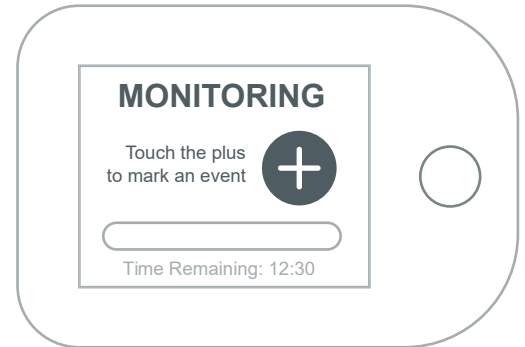
Please change your electrodes every 48 hours or as needed. If you have any skin irritation, it is okay to move the electrodes slightly to avoid further irritation.

HOW TO RECORD AN EVENT

STEP 1

Press **+** to record your symptoms. A **NEW EVENT** screen appears.

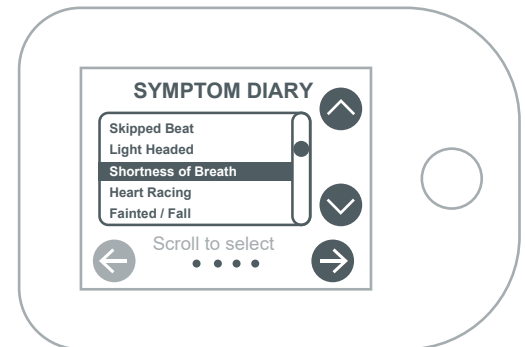
Select **→** to continue.



STEP 2

In **SYMPTOM DIARY** scroll to the symptom that best describes how you are feeling – using the **▲** and **▼** buttons.

Select **→** to continue.



STEP 3

In **ACTIVITY DIARY** scroll to the activity that best describes your activity level – using the **▲** and **▼** buttons.

Select **→** to continue. Press **+** to finish.

