

# myPatch Holter test

## for paediatric patients

Your doctor has chosen CardioScan myPatch Holters to provide you with the latest cardiac monitoring technology and highest standards of patient care.

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

### At the end of your test

myPatch turns off automatically at the end of the test period, which is stated on your Patient Diary.

At this time, you'll need to:

- 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 the myPatch device in the return prepaid envelope, along with the Patient Dairy and Patient Feedback form.

Please return the Patient Diary even if you didn't experience any symptoms during your test.

### 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@cardioscan.com.au](mailto:info@cardioscan.com.au)

T: (03) 9832 2222

In case of a medical emergency, please contact the emergency services on **000**

## 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 the power button down – a green light will flash for 30 secs while the device starts up

### 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

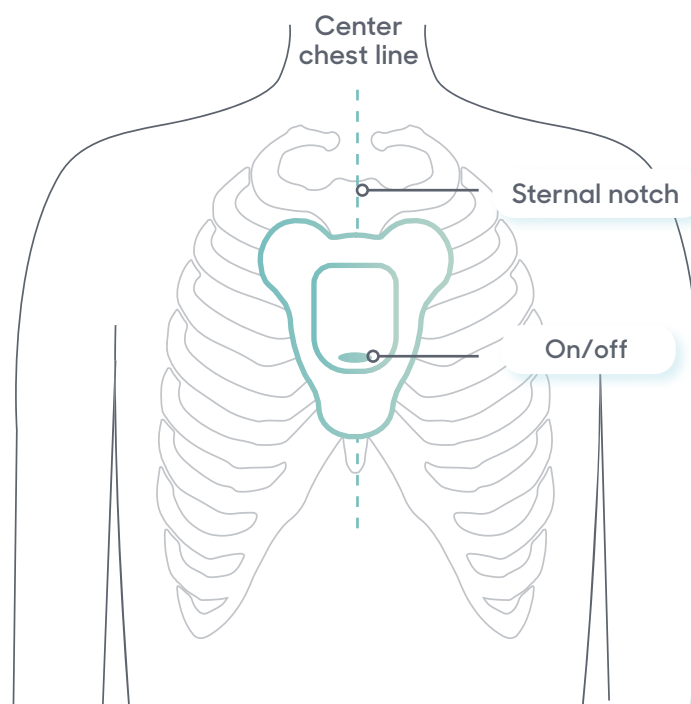
You must now mark the time & date of your fitting on your symptom diary.

## During your test

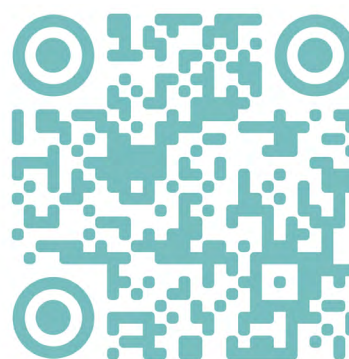
Continue with daily routines as normal, including exercise and showers. Some slight skin irritation, itchiness or redness may occur, which is normal. Please remove the patch if the patient feels any unbearable discomfort and inform the clinic immediately.

### 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

Visit [cardioscan.co/mypatchhelp](https://cardioscan.co/mypatchhelp)