

# How to apply myPatch

## for adult patients

### 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

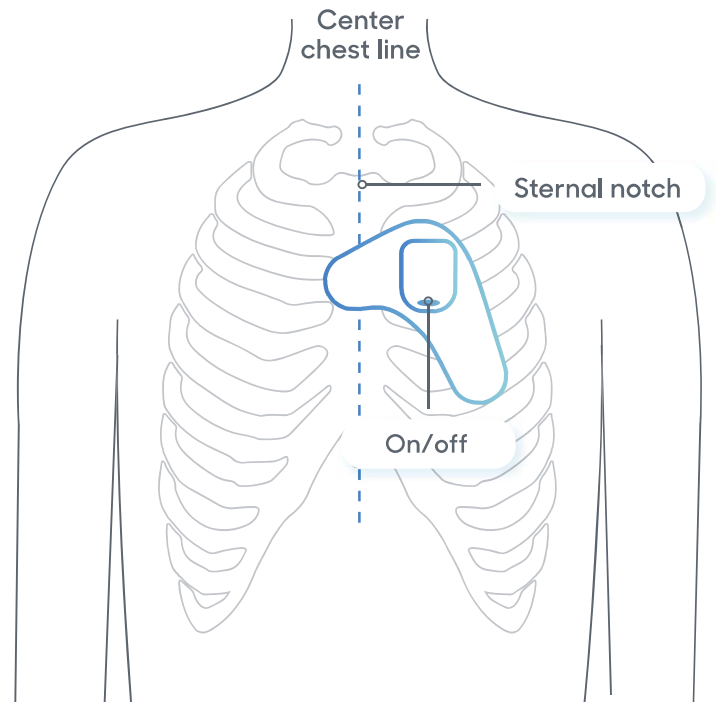
- Remove the electrode Patch from the pouch (keep pouch)
- Press the myPatch recorder onto the four metal snaps on the electrode patch.
- Hold the power button down – a green light will flash for 30 secs while the device starts up

### 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.



#### Watch "How to apply adult myPatch" video

##### Use the 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 [singapore.cardioscan.co/resources/mypatch](https://singapore.cardioscan.co/resources/mypatch)

#### Recording events and symptoms

Patients feeling symptoms such as dizziness or heart flutters, should double tap myPatch to mark the event. A blue light comes on briefly to indicate the event has been captured.

#### Watch the video guide online

[singapore.cardioscan.co/resources/mypatch](https://singapore.cardioscan.co/resources/mypatch)