

CardioScan Test Instructions

Your doctor has chosen CardioScan to provide you with a remote cardiac diagnostic.

Please read the instructions carefully to ensure your test is successful.

Please apply the test the day you receive it. The faster you apply the test, the more patients CardioScan can help diagnose.

Getting started

We recommend you watch our 'How to fit myPatch' video, and use this guide as a reference to make fitting myPatch even easier.

Please type into your internet browser:
uk.cardioscan.co/mypatch-help

Contact us

E: info@cardioscan.co.uk

T: 01992 351 033

Mon - Fri | 9am - 5pm

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

Check you have received:

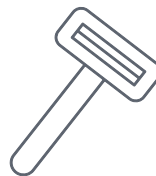
1 x Recorder



1 x Patch



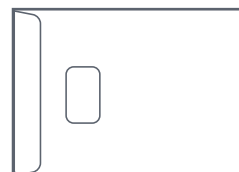
1 x Single-use Razor



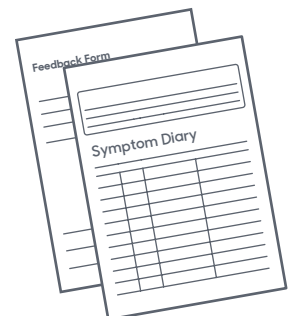
1 x Skin prep pad



1 x Brown jiffy envelope



1 x Symptoms Diary & Feedback Form



1 x DPD bag with no return address*



* the DPD driver collecting the device will apply the return address label

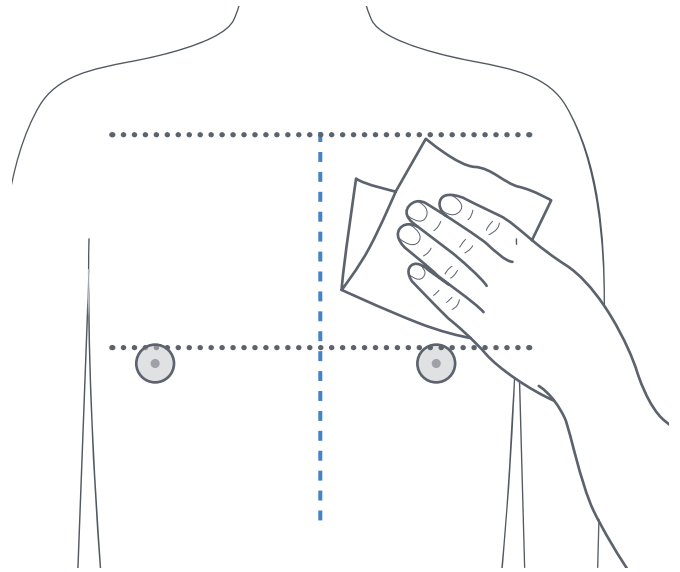
How to apply your test

STEP 1 Skin preparation

Remove any chest hair on the designated area using the single-use razor provided.

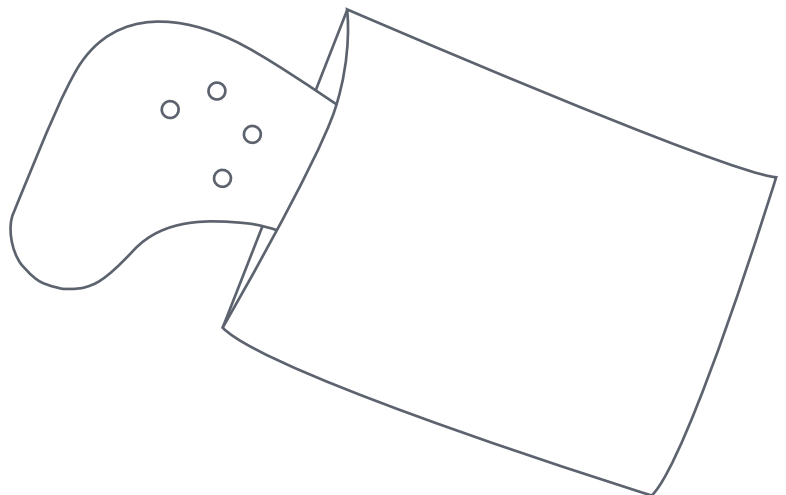
Clean the area using the single use skin prep pad.

Proper skin preparation improves the quality of the recording and the accuracy of the cardiac diagnostic for your doctor.



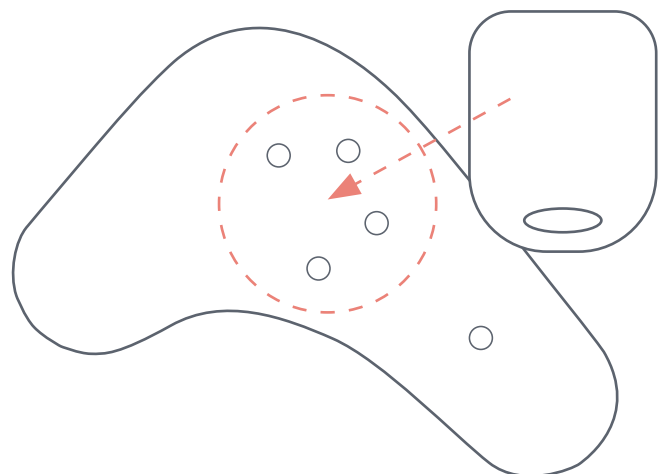
STEP 2 Unpack patch

Remove the patch from the pouch (keep pouch to return the device in at the end of the test).



STEP 3 Assemble the device

Press the recorder onto the four metal snaps on the electrode patch.



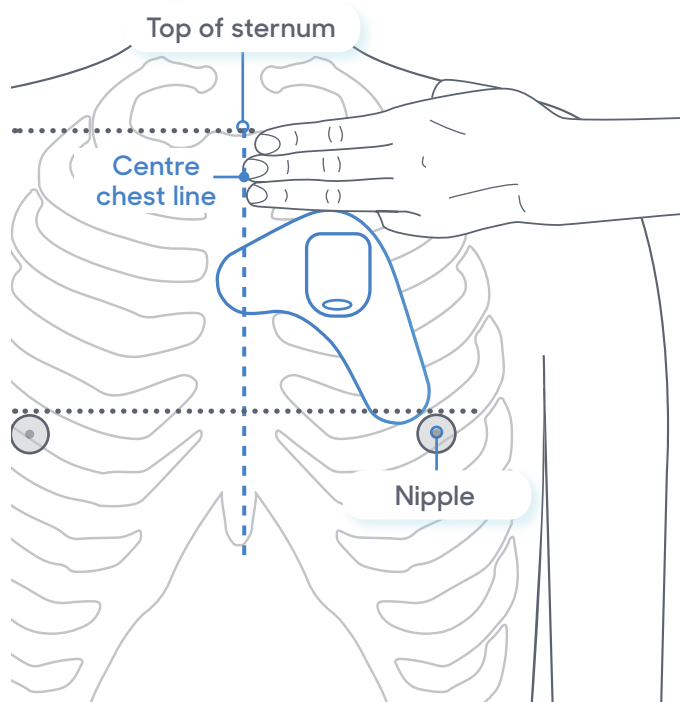
For help during your test, please call
CardioScan on **01992 351 033**

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STEP 4 Trial run

Practice positioning the patch BEFORE peeling the backing.

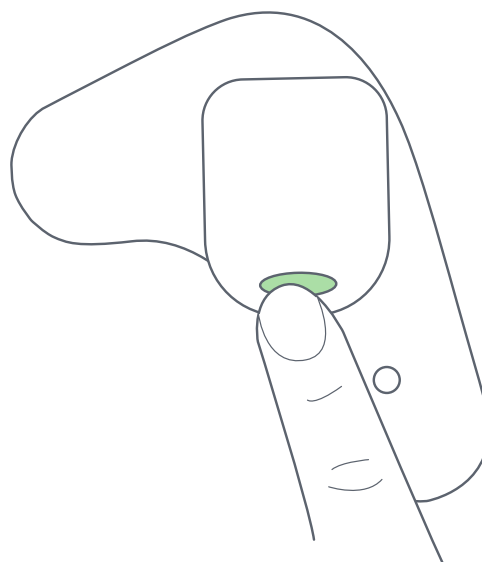
Ensure the recorder is vertical as shown.
The top of the patch is placed three fingers below the top of the sternum, as shown.
The clip on the left side of the patch is placed on the centre chest line.
The bottom of the patch should be above the nipple.



STEP 5 Turn recorder on

Hold power button down – a green light will flash for 30 seconds. Once the light stops flashing, the device starts recording.

DO NOT press the power button once the test starts.



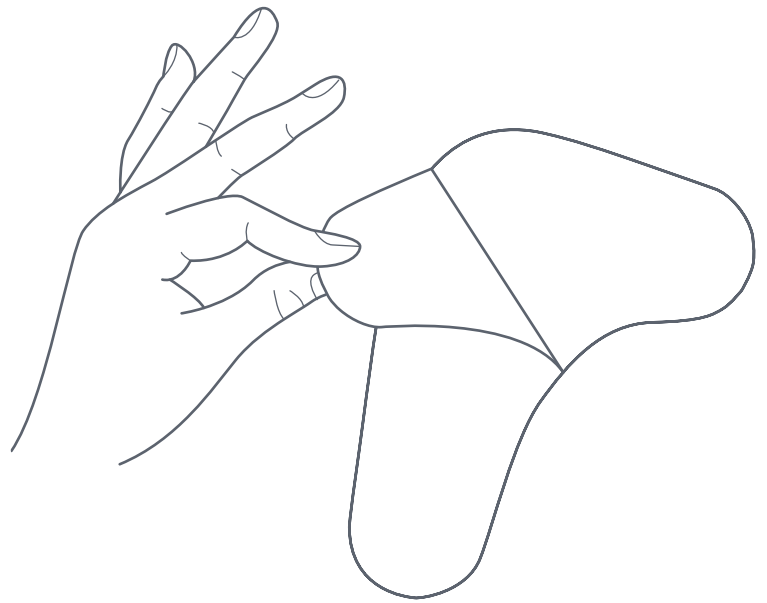
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STEP 6 Peel the patch

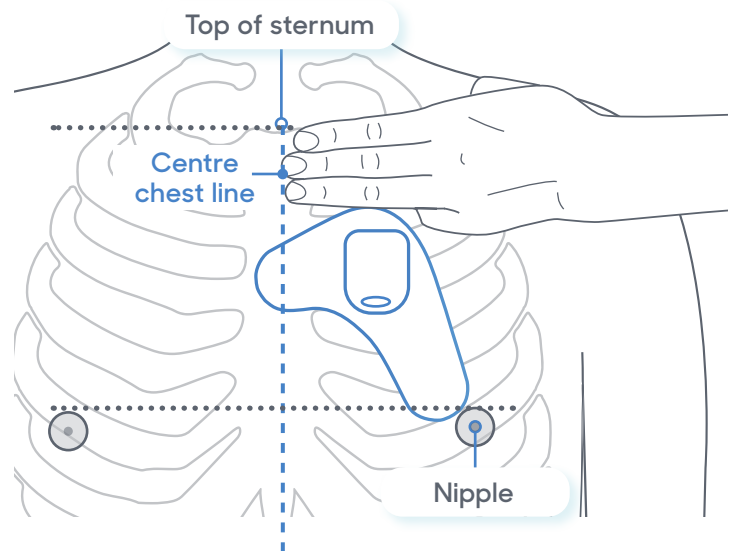
Peel the plastic cover once you have identified the correct positioning. In doubt, please call CardioScan on 01992 351 033.

Peel the plastic cover off the back of the patch.



STEP 7 Apply the device to chest

Please stick the device on chest



STEP 8 Fill symptoms diary with test starting date and time

Your heart activity varies during the day and the night. It is important to know at what time you apply the device to understand your heart activity.



For help during your test, please call CardioScan on **01992 351 033**

Mon - Fri | 9am - 5pm

During your test

STEP 1 Living with the device

Take short showers and pat the device dry after. **Please DO NOT bath or submerge in water.**

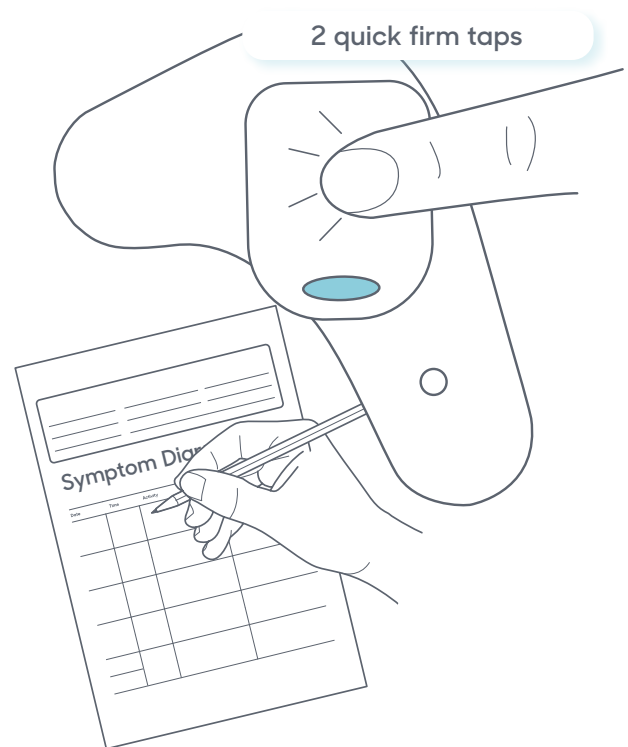
Some slight skin irritation or redness may occur, which is normal. If the discomfort is unbearable, remove the patch and contact your hospital immediately.

STEP 2 Filling Symptom Diary

If you have symptoms, double-tap the recorder with quick firm taps. A blue light appears briefly.

Next, fill in the details of the event in the Symptom Diary.

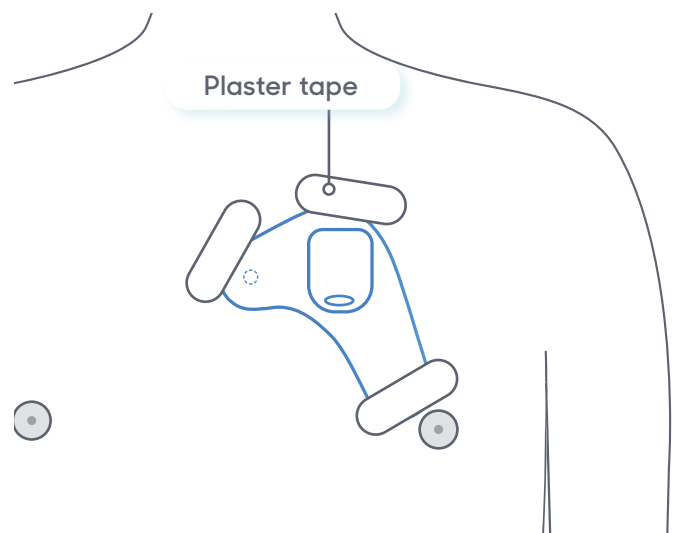
The objective of the Symptom Diary is for your doctor to understand the relationship between what you feel and the activity of your heart as recorded by the recorder.



STEP 3 What happens if the patch loses its stickiness during the test?

If the edges of the patch peel off in the middle of the test, please use plaster tape to reattach it.

If you have more than 48 hours in your test still to go, please call CardioScan for an additional patch on **01992 351 033**. Available **Mon - Fri | 9am - 5pm**.

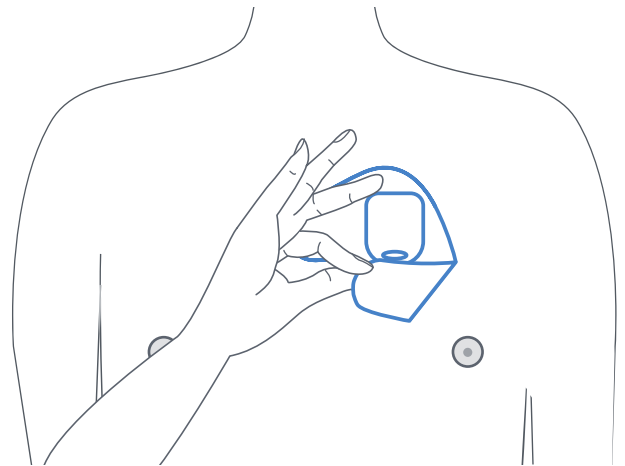


At the end of your test

STEP 1 Removing the patch

The recorder will automatically turn off at the end of your test.

To remove the patch, soak around the edges of the patch with warm soapy water, then peel slowly from the bottom.



STEP 2 Filling Feedback Form

Fill in your Feedback Form.



STEP 3 Packing the test

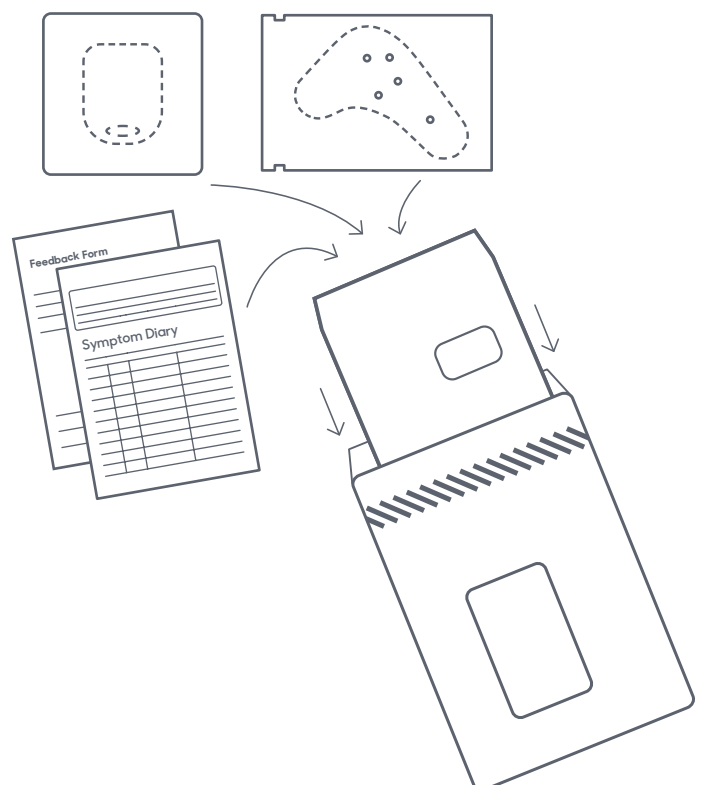
Please put the recorder and the patch in the original patch pouch

Please put the pouch containing the patch and the recorder, the Symptoms Diary and the Feedback Form (even if you didn't use them) into the brown jiffy envelope

Put the envelope into the provided DPD bag with no return address (the DPD driver will apply the return address label).

If a collection has not been booked for you, please contact CardioScan at [01992 351 033](tel:01992351033) to book a collection.

Available **Mon - Fri | 9am - 5pm.**



Your test results

Analysing your test

Your hospital uses CardioScan to manage its Holter service and to analyse your data. Your data will be uploaded onto a secure online platform called BeatBox, located in England.

A cardiac physiologist located in Australia will log in remotely and analyse your data within 24-hours from the upload. Your data never leaves the UK.

Getting your cardiac test results

Your hospital will receive from Cardioscan your cardiac results within seven working days from the moment your test is collected by DPD.

Standard NHS practice is NOT to call you if your test is normal. You can call your hospital cardiac diagnostic department for further information.

Help and support

For help during your test, please contact CardioScan on:

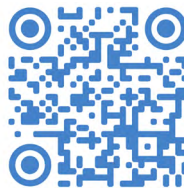
E: info@cardioscan.co.uk

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Or watch instructional videos by visiting:
cardioscan.co/mypatch-help

Watch "How to apply myPatch" 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.