

# Patient Symptom diary

Your doctor has chosen to provide you with the latest cardiac monitoring technology and highest standards of patient care, using a myPatch Holter. The lightweight, waterproof device allows you to continue with your regular daily activities, while recording your heart beat continuously for the entire test.

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## Using your Patient Symptom Diary

myPatch allows you to indicate if you experience any mild symptoms, such as dizziness.

Firmly and quickly double-tap the device. A blue light will come on to show the event has been marked on your test. (**Do NOT press the button as it will stop your test**)

Then, record your symptoms on the Symptom Diary overleaf to capture the specific symptoms you experienced.

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## Getting started

Please read the Patient Instructions in your myPatch Patient Kit before applying the device.

### We advise that you

- Wear loose fitting clothes
- Take any medications as normal unless advised otherwise
- Continue with typical daily activities, including showers and exercise
- Remember to mark the time & date of your fitting on the top of your symptom diary.

Visit us online for more information.

For urgent concerns please contact your doctor or local emergency services.

