

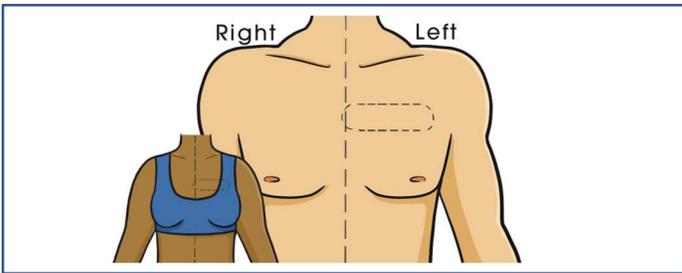
## Welcome to the Home Holter Program

Dear \_\_\_\_\_

Monitor #: \_\_\_\_\_

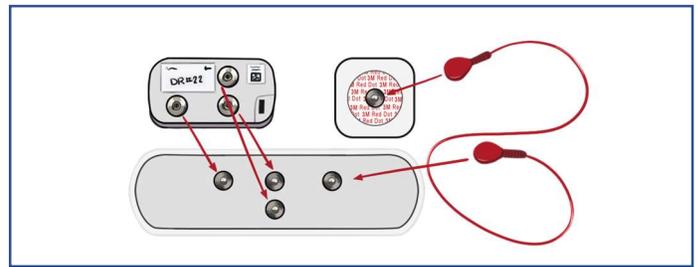
Your physician has ordered a Holter Test to continuously monitor your heart rhythm over a period of \_\_\_\_\_ days while normal everyday routine is carried out. Please follow the instructions below to begin:

### 1) PREPARE YOUR SKIN



Shave area where patches will be placed (if necessary) Gently rub with scratch paper. Clean area with alcohol pad. Let skin thoroughly dry

### 2) PREPARE THE MONITOR



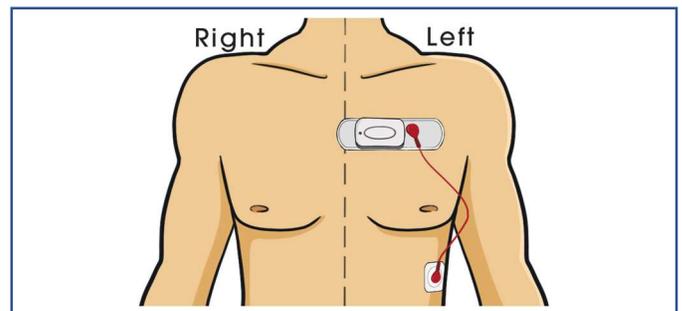
Attach monitor to large patch by lining up the snaps and clicking into place (there is only one way it will fit on). Attach red wire to monitor by snapping on the remaining button. Attach/snap on small patch to other end of red wire

### 3) START THE RECORDING



***HOLD the PRESS button*** until green light goes out. The green light will flash for about 60 minutes to signal the recording has begun

### 4) ATTACH THE MONITOR TO YOUR SKIN



Remove adhesive backing from patches. Firmly attach to skin above left breast using the diagram as a guide for proper placement. Attach small patch with red wire to your left side, below breast

Write down the Start Date and Time Here: Date: \_\_\_\_\_ Time: \_\_\_\_\_

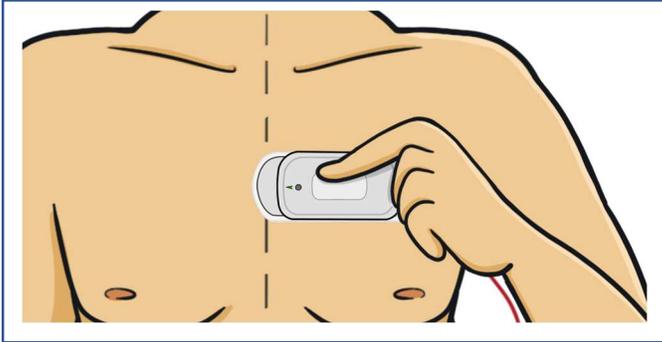
Calculate the End Date and Time Here: Date: \_\_\_\_\_ Time: \_\_\_\_\_

(Start Date + days)

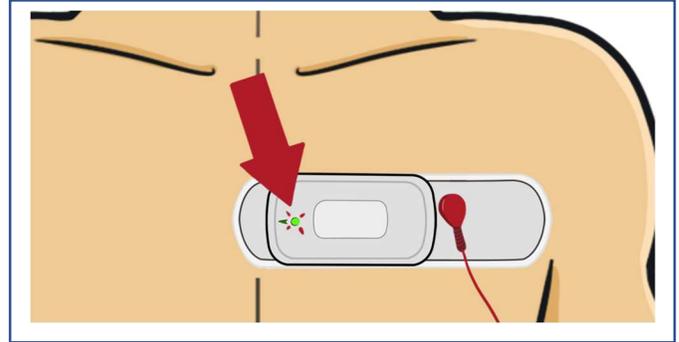
(Start time + 1 hour)

## 5) RECORD EVENTS/SYMPTOMS

Use the PRESS button to indicate symptomatic events. If you feel any symptoms such as palpitations, rapid heart rate, skipped beats, dizziness, and/or shortness of breath you need to record them on the device.



Firmly press the EVENT button to record



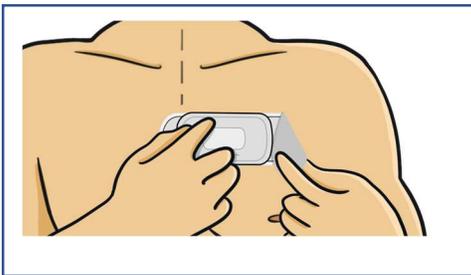
The green light will flash for a short period of time

### IMPORTANT SHOWERING INSTRUCTIONS:

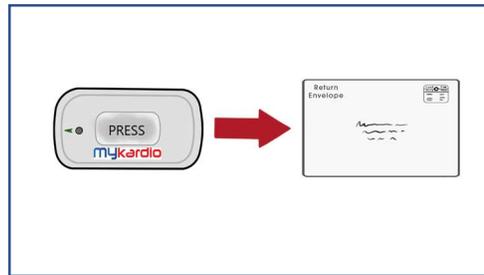
This monitor is water resistant but NOT water proof. Showering IS allowed while wearing the monitor and the patch but DO NOT swim, take a bath or submerge it in water. We recommend avoid water spraying directly onto the monitor and face away from the shower head and cover the device with a cloth and /or your hand.

## 6) TO REMOVE and RETURN MONITOR

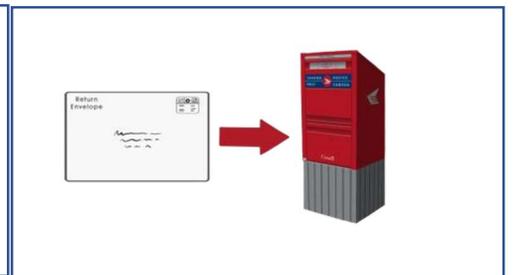
It's important to continue wearing the device for the full duration of recording. Once the test is complete you may remove the device.



Start at one end and gently pull the patches away from your body  
Unsnap monitor from patch.  
Discard used patches



Place the monitor in the provided bubble pack envelope along with any unused supplies



Seal the envelope and place in the mail for return to our office.

**For questions or concerns please call our Toll-Free Number: 1-833-652-7346**