

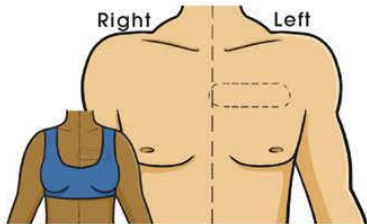
WELCOME TO THE HOME HOLTER PROGRAM

Name _____ 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.

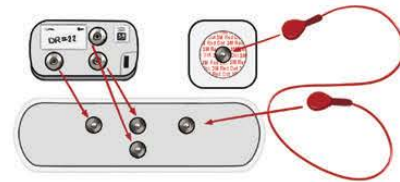
PLEASE FOLLOW THE INSTRUCTIONS BELOW TO BEGIN:

1 PREPARE YOUR SKIN



Shave the 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



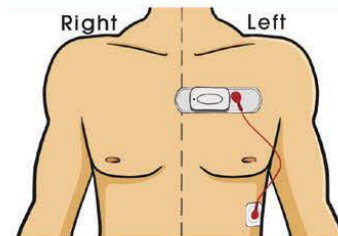
Attach monitor to large patch by lining up the snaps and clicking into place (there is only one way it will fit on). Attach red wire to monitor by snapping on the remaining button. Attach/snap on small patch to other end of red wire.

3 TO START THE RECORDING



HOLD DOWN THE PRESS BUTTON until the **GREEN** light goes out. The **GREEN** light will flash for about 60 minutes to signal the recording has begun.

4 ATTACH 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:**

Date:

Time:

CALCULATE THE **END DATE AND TIME:**

Date:

Time:

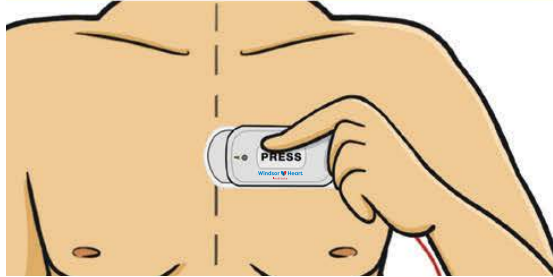
(START DATE + DAYS)

(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. Replace the small patch after showering and skin is dry. Please avoid water spraying directly onto the monitor by facing away from the shower head. Cover the device with your hand or a cloth as much as possible.

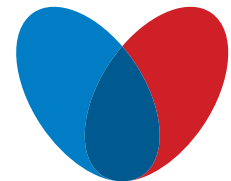
6

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 and unsnap monitor from patch. Discard used patches.



Place the monitor and the red wire in the provided package along with any unused supplies.

Return it to Windsor Heart Institute. You can drop it off at the desk or use the drop box outside of the door.

For help placing your monitor or further assistance please go to our website www.windsorheart.org or call our TOLL FREE number 1-833-652-7346