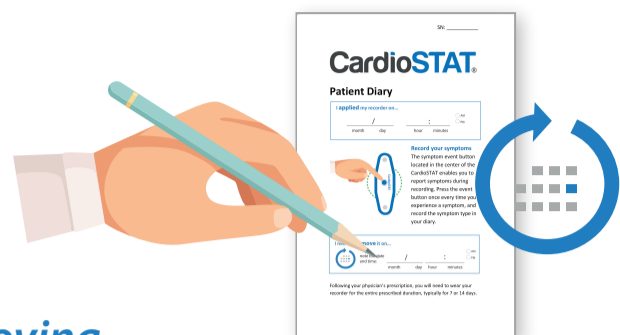


## What's next? When should I remove it?

Your CardioSTAT recorder will record every heartbeat while you are wearing it.

Following your doctor's advice, you will need to wear your recorder for the entire duration. Please note the date & time you applied the recorder on your torso in your Patient Diary. Also note the time when you will need to remove it according to your prescription.



### Removing and returning your recorder

At the end of the test, gently disconnect the recorder from the electrodes using the thumb as a lever close to each metal snap.

Place your CardioSTAT recorder and your Patient Diary in the pre-paid return envelope provided and send it back by post. Your results will be communicated to you by your doctor.



### Removing the electrodes

To remove the adhesive, slowly peel off each OFIX adhesive and electrode with a 45-degree angle while applying gentle force on the skin in the opposite direction. Clean your skin with an oily substance (baby oil) to remove any adhesive residue. Dispose of the used electrodes and OFIX as well as any unused accessories.

### Do's and Don'ts

Your recorder is designed to interfere as little as possible with your daily activities. However, some precautions are necessary to ensure the best possible recording quality.

It is normal to feel a slight tingling sensation under the adhesive surfaces after application. If you notice significant irritation or if you experience a significant and persistent itch, remove the recorder and the adhesives. If in doubt, call your health professional or Icentia Support.

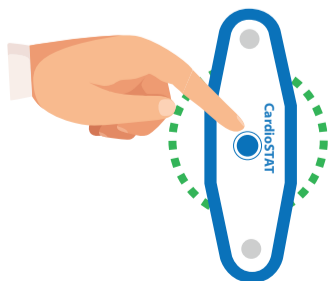
### For the best recording results...

Wear close-fitting clothing at night (such as a t-shirt) to reduce the possibility of the recorder disconnecting from the electrodes. If for any reason the recorder disconnects from one or both adhesive pads during the recording, simply reconnect the recorder; the recording will resume normally.

### Please avoid:

- Prolonged or very hot showers (a quick shower is OK)
- Direct exposure of the recorder to the shower jet
- Activities likely to immerse the recorder such as swimming and bathing
- Rubbing a towel on the recorder
- Applying moisturiser or perfume near the adhesive disks
- Touching the recorder when it is not necessary
- Using electric blankets and heating pads
- Disconnecting the recorder unless otherwise indicated
- Removing the recorder before the end of the prescribed period (except in the case of major and persistent irritation or if instructed to by your doctor)

### What if I have symptoms?



There is a **symptom event button** located at the centre of the CardioSTAT, enabling you to report symptoms during recording. Press the event button once every time you experience a symptom, and record the symptom type in your **patient diary**.

# CardioSTAT®

## Welcome to your ECG test

Your doctor has prescribed this test for you, to monitor your heart activity

The CardioSTAT® single-use recorder captures your heart's electrical activity during the whole time you are wearing it. Once the recording is complete and the recorder is sent back by post, your results will be communicated to you by your doctor.

The installation should be done within 1 to 3 days following the reception.



## Let's get started

If you need help, please call Icentia Support:

UK: **0800 124 4864 ext 2**

Ireland: **01 697 1821 ext 2**

Lines are open Monday to Friday, 9am – 5pm

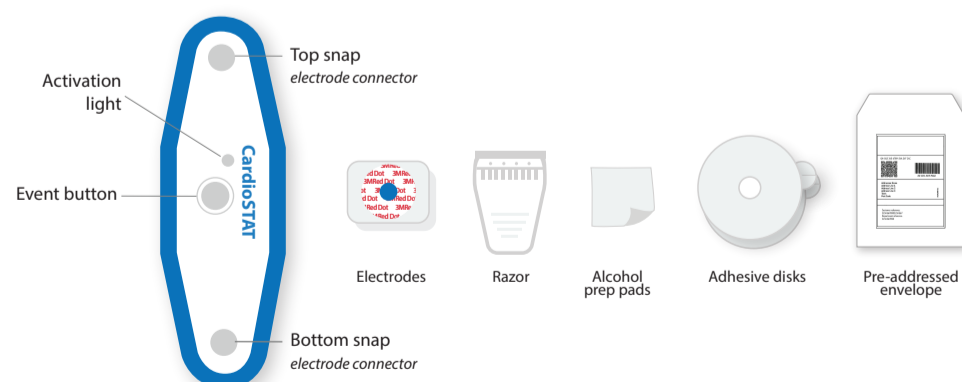


A tutorial video is available online at

**[www.cardiostat.com/uki/support](http://www.cardiostat.com/uki/support)**

If you have someone that can assist you, they may help you with the application.

### Contents



CardioSTAT® ECG recorder

3M™ Red Dot™ electrodes

Disposable razor for removing hair if required

Alcohol prep pads

OFIX® adhesive disks

including spares

Patient diary

Safety & Use notice

Pre-addressed return envelope

# Step by Step Application

## Need help?

Please contact Icentia Support

Tutorial video available at:

support-uki@icentia.com

UK: 0800 124 4864 ext 2

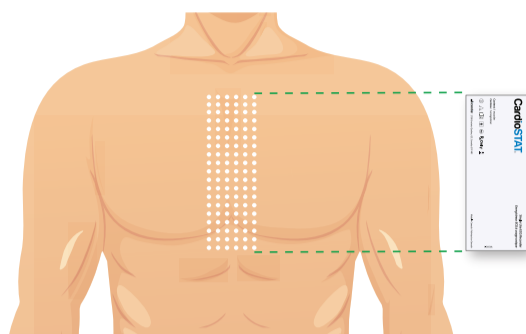
Ireland: 01 697 1821 ext 2

Lines are open Monday to Friday, 9am - 5pm

www.cardiostat.com/uki/support

## 1 Prepare the skin

This step is **very important** to ensure the quality of the recording.



### Locate area

Use the CardioSTAT pouch as a guide to locate the prep area, from the lower part of your chest.

*If there is damaged skin within the area, or you cannot comfortably fit it in this position, please stop now.*

Call Icentia Support (numbers at the top of the page) and we will advise you on alternative positioning.

### Shave

If necessary, shave this area of the skin. Tilt the razor slightly and shave small areas at a time in the direction of hair growth.

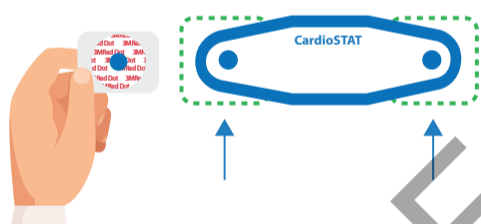
*A clinical razor is provided in the box. Be careful, the razor is extremely sharp. To use, remove the protecting cap and tilt the razor slightly without applying too much pressure.*

### Clean

Clean the area with soap and rinse thoroughly. Dry thoroughly by rubbing with a towel from top to bottom about ten times.

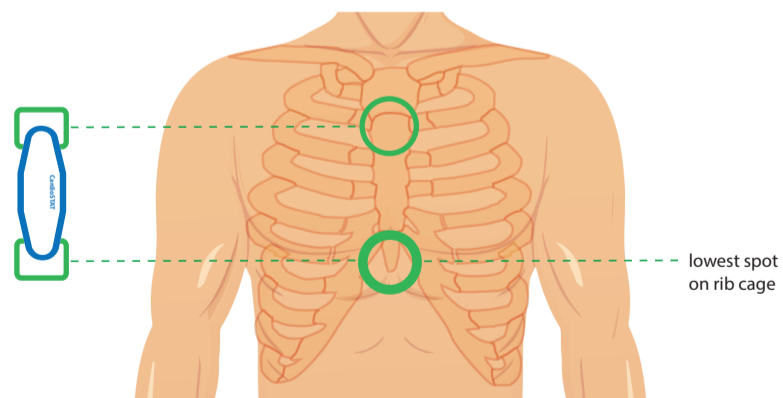
## 2 Find the right spot

Attach the 3M™ Red Dot™ electrodes on each metal press stud on the CardioSTAT recorder **keeping the protective film on the back of the electrodes.**



Facing a mirror, back straight, shoulders relaxed, use the recorder as a guide to locate the **top and bottom areas on your chest** where the electrodes will be applied.

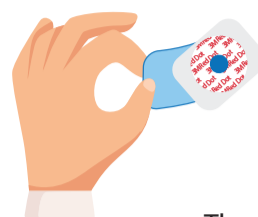
Place the **bottom electrode over the lowest bony spot** at the centre of your rib cage.



If you are wearing a bra, refrain from wearing underwire bras. Sports bras, tank tops or no bra are recommended during wear of the CardioSTAT. Underwire bra on top of the bottom electrode could cause irritation and discomfort.

**Clean the skin** where the electrodes will be located **with the alcohol prep pads.** Use two alcohol pads per area. Do not hesitate to rub these areas firmly and allow the skin to dry before next step.

## 3 Apply



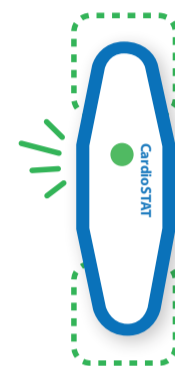
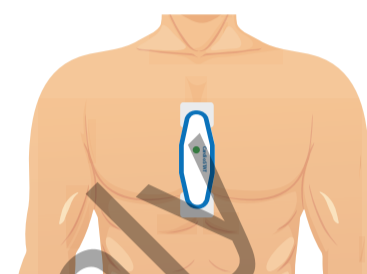
**Peel off** the electrode protective film and stick the recorder at the location identified in **Step 2.** The CardioSTAT logo should be **on your left.**

It is important not to stretch the recorder when you apply it, or have it too loose.

The recorder should automatically activate once installed. A **solid green light** will be visible.

After about 10 seconds, the green light should switch to **flashing**, indicating that the application was successful.

The flashing will **stop after 2 minutes and 30 seconds** and recording will continue until the end of the prescribed duration.



*If the green status light does not start flashing after application; disconnect the recorder from the electrodes and touch the two snaps together for about 4 seconds:*

- *If a steady green light comes on, the electrodes must be replaced with fresh ones while ensuring that the skin is properly prepared. Repeat from step 1 to properly prepare the skin and reapply new electrodes.*

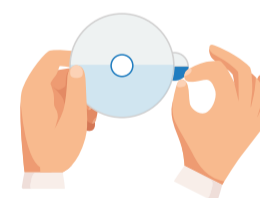
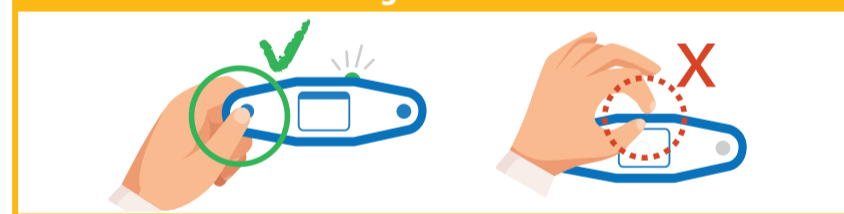
- *If the green light blinks a few times, the recorder is already activated and recording the ECG signal. Continue with step 4.*

- *If the green light doesn't turn on, or if you see a red light, call numbers above.*

## 4 Secure with adhesive disks

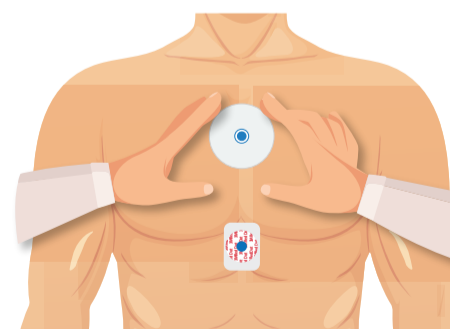
**Gently disconnect** the CardioSTAT from the electrodes using your thumb as a lever close to the metal studs.

**IMPORTANT: Do not tug the recorder from the centre**



**Peel off one half** of the removable protective film paper of the OFIX disk.

Carefully overlay the OFIX on each of the two electrodes **aligning the opening** at the centre of the disk with the metal contact of the electrode.



**Peel off the other half** of the protective film from the OFIX disk and carefully press into place.

With your fingers, **smooth around the edges** of the electrode for 10 seconds to ensure proper adhesion of the OFIX disk.



## You're all done

**Attach the recorder back onto the electrodes.** There will be no green light on this occasion.

