

myPatch Holter test

patients instructions

Your doctor has chosen CardioScan myPatch Holters to provide you with the latest cardiac monitoring technology & best in patient care.

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

About your myPatch test

Once your myPatch Holter is fitted by your health professional, you are able to return to your daily routines and activities.

Please note that NO LIGHT will appear on the device while it is recording.

What to do during your test

Please take short showers and pat the device dry afterwards. Do NOT bath or submerge in water. Be aware some slight skin irritation or redness may occur, which is normal. However, if the discomfort is unbearable, remove the patch carefully and contact us immediately.

What to do if you experience symptoms

If you have symptoms, such as dizziness or flutters, please double-tap the device firmly and quickly. A blue light will appear briefly. Next, fill in the details of the event in the **Patient Diary**.

What to do at the end of your test

Your myPatch Holter monitor turns OFF automatically at the end of your test. At this time, you can remove the patch, pulling slowly from the bottom while holding the skin firmly.

Next, place the myPatch device in the padded envelope provided, with your Patient Diary. Next, place into the courier bag provided.

Common questions

Do I need to limit my activity?

One of the benefits of a myPatch Holter device is that you are free to continue with most daily activities. For comfort, we recommend wearing comfortable, loose clothing throughout the duration of the test, in case you need to tap the device to record an event.

I cannot see a light, is myPatch working?

Yes! Once the device is ready to begin recording, the light goes off and your test is underway. DO NOT press the power button at any other time during your test.

I see a red or yellow light, what do I do?

If there is a yellow light, then the device may have a low battery. Please contact us immediately.

If you see a red light on the device, you may have accidentally turned the device off. If this occurs, you should turn the device back on. Simply hold the power button for one second until a green flashing light begins. After 30 seconds, it will stop and your test has resumed. If the device doesn't power ON, please contact us.

What do I do if the myPatch electrode peels off?

It is unlikely to occur, but if this happens please contact us immediately, and we can advise you about what to do.

Help and support

For even more help during your test with FAQs or to watch instructional videos, visit:

cardioscan.co/mypatch-help

Contact us

E: info@cardioscan.co.uk

T: 01992 351 033

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



Partnering with Arrhythmia Alliance

For general information, support and education about all cardiac arrhythmias, contact Arrhythmia Alliance or its sister charities.

T: 01789 867 501

www.heartrhythmalliance.org/aa/uk

