

Patient Self-Hookup Guide

This leaflet provides a patient self-hookup guide, that can be used by patients when you wish them to self apply a Holter recorder and start a recording.

The instructions assume the following:

- The electrodes are pre-attached to the recorder lead wires prior to being sent out
- The Flashcard is configured, or a voice file recorded, the card inserted, the patient cable has been attached and the recording has been started.

Note: *This procedure avoids the need for the patient to press any buttons. It will record a flat line or noise until the recorder has been attached but the area will be discarded on analysis.*

- If using for multi day recordings, Lifecard CF can be set into the “**Start Week**” mode. The recorder will alarm as not connected but will silence after 10 seconds. The recorder will bleep when successfully connected.
- At any time after the recorder has been attached to the patient, the ECG can be checked by pressing both buttons on the Lifecard CF. This will display the ECG signal and can be used to check a successful connection has taken place as required. The ECG trace will disappear from screen after 10 seconds. This does not interrupt the recording.
- The instructions advise the use of a razor and abrasive pad supplied by the hospital, according to local policy.
- The hospital’s contact details can be added to the instruction sheet.

Hospital / Clinic _____

Contact Name _____



Contact Phone Number _____

Your doctor has requested that we take a recording of the electrical pattern of your heart – an Ambulatory ECG.

You will have been supplied with a recorder. This guide tells you how to attach the recorder after receipt of the recorder and accessories as below:

Recorder	<input type="checkbox"/>	Cleaning Pad	<input type="checkbox"/>	Abrasion Pad	<input type="checkbox"/>
Spare Electrodes	<input type="checkbox"/>	Patient Diary	<input type="checkbox"/>	Razor	<input type="checkbox"/>

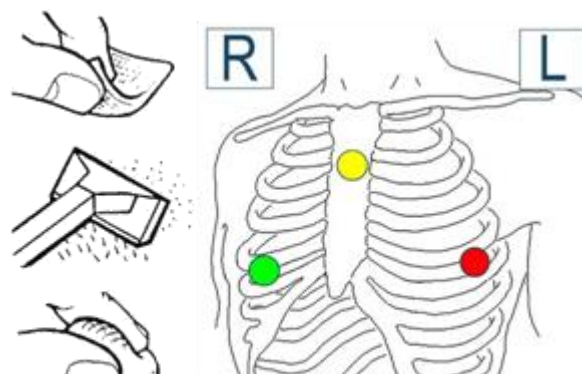


If you have any questions or problems, please contact the hospital via the details above.

Step 1 – Skin preparation

The diagram shows the correct positions for the electrodes. You need to prepare these positions on your body to ensure a good connection.

1. For each electrode position, use the skin cleaning pad, if supplied to clean an area about 2x2 inches, (5x5 cm).
2. Then shave the area with a safety or disposable razor.
3. Then lightly rub the area with the abrasive pad about 10 times



Step 2 – Fit the electrodes

Do the following for each wire in turn, observing the coloured connector at the end of the wire:

1. Peel the plastic film from the electrode already attached to the wire.
2. Apply the electrode to your chest at the location shown in the diagram opposite. Press it evenly and firmly onto the prepared area.

• Please note: Green on your Right, Red on your Left

Step 3 – Wearing the recorder, what may happen and when to stop.

Attach the recorder to your trouser belt or clothing as advised

If you hear an 'alarm tone' this is due to an electrode becoming disconnected or beginning to peel off. Simply press down the electrode

firmly, or remove the electrode, wipe the skin and reattach using a new electrode.

At the end of the recording time advised by your doctor, remove and dispose of the electrodes and return the recorder as advised by your hospital.

