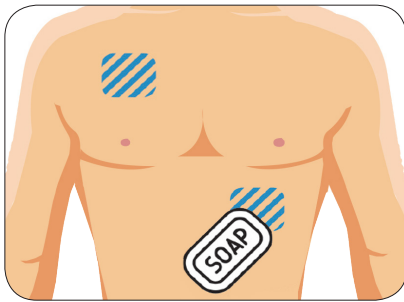
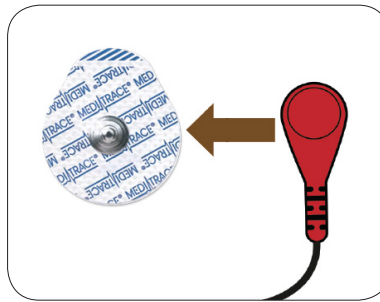


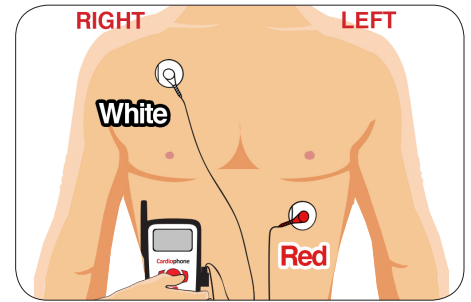
STEP 1: Connect the Monitor to your Chest




1. Clean your skin with soap and water then dry thoroughly.




2. Snap each wire onto an electrode (as per diagram).



3. Place the 2 electrodes as shown:

 **White:** Upper right side of your chest, 3 fingers below your collarbone.

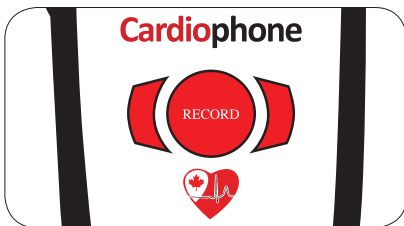
 **Red:** Lower left side of your chest, on your lower rib.



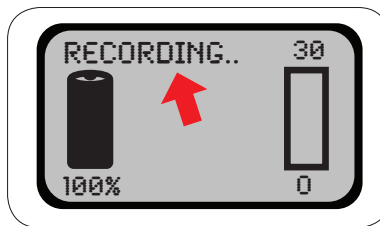
BEFORE YOU BEGIN: If you have hair on your chest, wash and shave the 2 areas where the electrode stickers will be placed (see placement diagram, right side)

STEP 2: Record your Symptoms

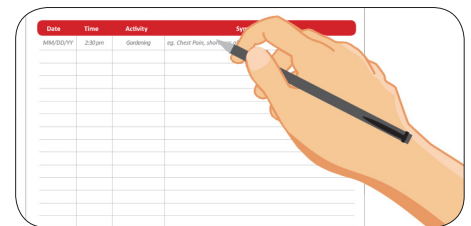
If you experience any symptoms record them on the **Monitor** and in the **Patient Diary** (on reverse). This is important in assisting your physician in understanding your symptoms.



1. Press the red **RECORD** button until you hear an audible beep sound.



2. **RECORDING** will flash in the upper left corner of display. Hold still for 2 minutes while recording, breathe normally.*



3. After recording, enter the details into your patient diary (reverse). Write down the symptom, activity, date and time of each event.



DO NOT GET THE MONITOR WET. Remove for showers and baths. Apply 2 new electrode stickers each time after a shower or bath.

*If the monitor experiences any interruptions while recording it will produce a whistling sound until the recording is complete.

STEP 3: Remove & Return the Monitor

Once the test is complete, remove the monitor and prepare it for return. Place the **Cardiophone**, **patient diary** and all accessories into the provided box and return the package as instructed by your health care provider.



It's important to wear the monitor for the full prescribed period of time. The monitor should only be removed for showering or bathing, then reattached with 2 new electrode stickers.

