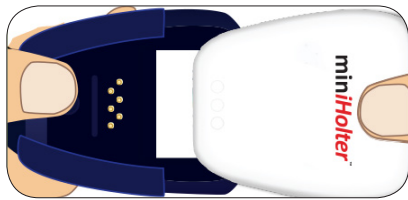


## STEP 1: Attach the Monitor to the Holder



1. Push the monitor through the top of the holder until firmly in place.



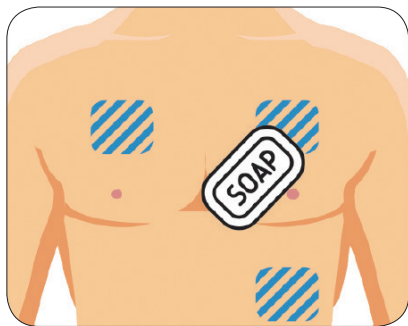
2. A **green** light will show: first solid, then flashing. Recording starts when the flashing stops.



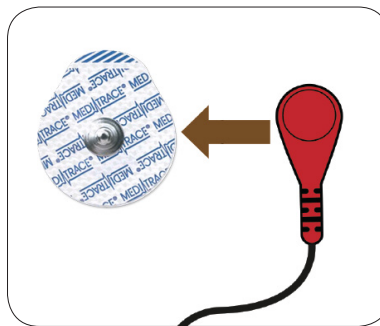
### **IMPORTANT:**

Do not get the monitor or holder wet. Remove for showers and baths. Apply 3 new electrode stickers each time after a shower or bath.

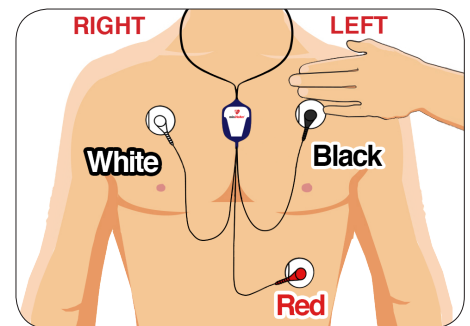
## STEP 2: Connect the Monitor to your Chest






1. Clean your skin with soap and water. Dry your skin thoroughly using a towel.



2. Place the lanyard around your neck and snap each wire onto an electrode (*as per diagram*).



3. Place the 3 electrodes as shown:
-  Upper right side of your chest, 3 fingers below your collarbone.
  -  Upper left side of your chest, 3 fingers below your collarbone.
  -  Left side, on your lower rib.



**BEFORE YOU BEGIN:** If you have hair on your chest, wash and shave all 3 areas where the electrode stickers will be placed (*see placement diagram, right side*)

## STEP 3: Record your Symptoms



If you experience any symptoms record them in the **Patient Diary** (*on reverse*). Write down the symptom, the activity (Eg: exercising, resting, etc.), the date and time of each event.

**This is important in assisting your physician in understanding your symptoms.**

## STEP 4: Remove & Return the Monitor

**It's important to wear the monitor for the full prescribed period of time.** During this period, the monitor should only be removed for showering or bathing, then reattached with 3 new electrode stickers. Once the test is complete, you can remove the monitor and prepare it for return.

Place the **miniHolter**, **patient diary**, **holder/lanyard** and all other accessories into the provided box and return the package as instructed by your health care provider.

