

CardioPAL SAVI™ Personal Arrhythmia Logger

Auto-Capture with AF Burden

**TO TRANSMIT RECORDINGS,
call 1-877-996-5553
(TOLL-FREE)**

The Event procedure is billed as one procedure (1-30 days), regardless of the number of times you transmit your ECG.

PLEASE REMEMBER:

RETURN THE CardioPAL SAVI MONITOR ALONG WITH ALL UNUSED ELECTRODES (PATCHES) TO THE CARDIAC MONITORING CENTER IN THE CASE AND ENVELOPE PROVIDED.
(Please do not return any batteries.)

About Transtelephonic Event Monitoring

Your doctor has prescribed this Event Monitoring test so that you can make a permanent record of your heart's activity. You can record your own ECG (electrocardiogram) and transmit it to the 24-hour Cardiac Monitoring Center from most telephones.*

**Use land-line phones to transmit recordings, instead of cordless or cellular phones.*

The CardioPAL SAVI event monitor should be used according to your physician's instructions or whenever you experience a symptom that concerns you.

IT IS IMPORTANT THAT YOU WEAR THE SAVI AS MUCH AS POSSIBLE.

You can wear the CardioPAL SAVI on a belt, around your neck using the cord provided (adults only), or in a pocket that is readily accessible.

During The Test

When you have a symptom (chest pain, dizziness, etc.) and press the **SYMPTOM/RECORD** button, the monitor saves your heart's ECG activity that occurred about a minute before you pressed the button, and then continues to save the signal for about 30 seconds after the button press (these times vary, depending upon your physician's instructions).

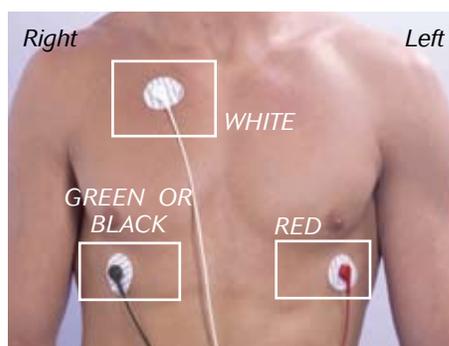
This means that your physician can see what was happening with your heart BEFORE you had the symptom; this can be very important because symptoms are often felt AFTER the heart "event" occurs. In addition, the CardioPAL SAVI's triggering capability may also detect ECG abnormalities that you don't feel.

Connecting Yourself To The Monitor

Try to take care in preparing your skin for electrode (adhesive skin patch) application. Good skin preparation means better ECG signal traces that in turn are easier for your doctor to review and evaluate.

We recommend that you change your electrodes every two days. When you re-apply them, change their location slightly to prevent skin irritation*. The center of the patch should be within the areas indicated by the boxes in the figure below.

(The number of patches you are wearing may vary from those shown.)



Running out of supplies?

See the back page of this Guide to find out what to do.

How to Prepare Your Skin and Connect Electrodes

1. Choose areas of your chest that are flat and not very muscular; avoid skin folds or creases, irritated skin or scar tissue.
2. Shave hairy areas using the skin patch (electrode) as a guide for the size of the area to shave. This insures good contact and makes electrode removal much easier and a lot less painful.
3. Wash each site thoroughly with PLAIN soap and water. (Do not use soap that contains lotion or oil.) Dry the area well.
4. Snap the wires onto the electrodes and apply them to your chest using the illustration above.

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**Please notify the Cardiac Monitoring Center (CMC) staff if you experience excessive skin irritation from the electrodes.*

5. Plug the connector that joins the wires into the CardioPAL SAVI. The unit will automatically begin to monitor your ECG and its display should show, "Monitoring" on the top line.
6. Wear the CardioPAL SAVI where it is most convenient, but be sure that the **SYMPTOM/RECORD** button is easily and quickly accessible. Protect the monitor from perspiration and moisture.

DURING YOUR PROCEDURE IF THE MONITOR'S DISPLAY SHOWS:

"READY +"

PULL THE CABLE OUT, THEN RE-CONNECT IT. THE DISPLAY SHOULD RETURN TO "MONITORING".

"READY"

THE MONITOR IS IN MANUAL MODE.

"LEARNING"

AFTER A BRIEF PERIOD OF TIME, THE DISPLAY WILL SWITCH TO, "MONITORING."

Showering and Other Activities:

Before you shower or bathe, **first remove the cable** from the CardioPAL SAVI and then unsnap the wires from your patches (electrodes). You can leave the patches on your chest, but avoid applying water or soap directly to them.

Event monitors are intended for use during all of your daily activities (that do not involve being in water). This includes exercise, sexual activity, during periods of emotional stress, and while you are sleeping.

Some suggestions for sleeping:

1. Wear the CardioPAL SAVI on the waistband of your clothing.

2. Place the monitor beside you with wires extended as much as possible so that you don't roll over the unit.
3. Wear a large, button-down shirt with a breast pocket and place the CardioPAL SAVI in the pocket.

When You Feel a Symptom

1. Press and release the **SYMPTOM/RECORD** button; listen for a beep indicating that the recording has begun. The unit's display shows a countdown message, so you'll be able to tell how long the recording will take.
2. Limit movement and breathe normally. Wait until the CardioPAL SAVI emits a second beep and displays, "Recording Complete," before moving around freely again. Look at the monitor's display. You'll see: **"To Transmit Call / 1-877-996-5553."**

Calling The Cardiac Monitoring Center

REMEMBER:

EVEN THOUGH THE MONITOR CAN HOLD MULTIPLE RECORDINGS, TRY TO TRANSMIT YOUR ECG AFTER EACH RECORDING.

When the CardioPAL SAVI's memory is full, it will emit a beep and display, **"Memory Full! Transmit Strips."** This means that you have filled the monitor's memory with ECG recordings (also called 'strips'). Or, the unit may beep and display, **"Time to Call."** This means that the monitor may have captured a significant event. Either way, it's time to call the CMC. To do this, follow the steps below:

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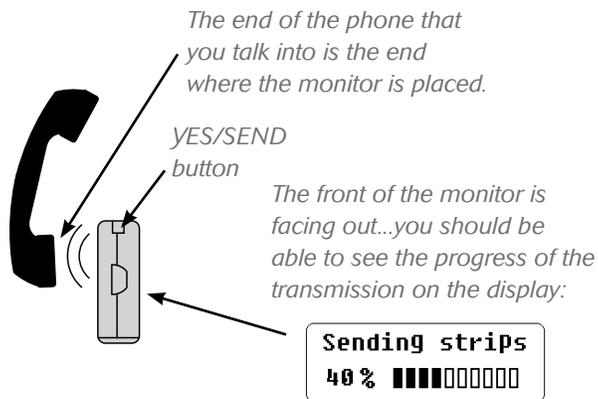
Transmitting your ECG

1. Call the Cardiac Monitoring Center (toll-free at 1-877-996-5553). **BEFORE** you begin your transmission, give the technician your name, date of birth, and any symptoms that you felt while making the recording.
2. You will be asked to disconnect the cable from the monitor and stand the unit upright on a flat surface near the telephone.



3. Place the mouthpiece of the phone handset about half an inch (1/2") behind, but not touching, the unit.

Do not use cellular or cordless phones.



4. Press and release the **YES/SEND** button on the side of the unit to begin transmitting the ECG. You'll hear a continuous tone. To insure quality transmission, please do not bump the flat surface, talk, make loud noises or touch the monitor while the transmission is in progress.

What does the Cardiac Monitoring Center see when you transmit? ...Something like this:



CMC policy prohibits the staff from releasing information to you about the content of your ECG recordings.

5. When the tones stop, transmission is complete. **ALWAYS** pick up the handset and wait for further instructions from the technician at the Cardiac Monitoring Center.

Replacing The Battery

The monitor will alert you when the battery needs to be changed. Please follow the steps below when changing the battery:

 The CardioPAL SAVI is designed to operate with one, AA alkaline battery **ONLY**.

The location of the battery compartment depends on the model of the monitor you have. Please refer to the figures below, and use the one that corresponds to the unit you have.

Side Location Battery Compartment

1. Use your fingernail or a coin to push the latch in the direction of the embossed arrow and unlock the battery door. Open the door and tilt the monitor so that the old battery slides out.
2. Insert the new battery, using the label on the back of the monitor as your guide.
3. Close the battery door and push the latch back to the locked position.



Rear Location Battery Compartment

1. Slide the battery-door panel in the direction of the embossed arrow to remove the panel completely from the unit. Pull out the old battery from the compartment using the ribbon attached to the inside, if needed.
2. Insert the new battery over the ribbon, using the picture inside the compartment as your guide.
3. Align the cover to the compartment and slide the door back into position.



Cleaning The CardioPAL SAVI

If needed, clean the monitor with alcohol prep pads, or a soft cloth slightly moistened with isopropyl alcohol.

 Do not submerge the monitor in any liquid. If the monitor gets wet, contact the CMC, allow it to air-dry, and seal it in a plastic bag prior to shipping.

Precautions

1. The CardioPAL SAVI should be worn outside your clothing if there is any chance that perspiration might come in contact with the unit. The unit should be worn beneath outer wear, such as raincoats or jackets, for protection during wet or cold conditions.
2. A lanyard is provided with the CardioPAL SAVI as an optional accessory. However, this should be worn by adults only, and should not be worn during sleep or while operating machinery.

**FEDERAL LAW RESTRICTS THIS DEVICE
TO SALE OR USE BY, OR ON THE ORDER OF,
A LICENSED PHYSICIAN.**

Ordering Supplies

The CardioPAL SAVI comes with enough supplies for you to change your electrodes every 2 days. If you need more supplies, call: **1-877-996-5553**. Supplies will be shipped via Priority Mail. Please allow 2-3 business days for delivery.

RETURNING THE CardioPAL SAVI

1. Check the monitor for recordings that you haven't transmitted yet: Press the YES button. If transmission tones begin, there are recordings to be sent. Press the NO button to stop the transmission and then call the Cardiac Monitoring Center to send the recordings.
2. Place the CardioPAL SAVI* in its case, along with the cable, and any unused electrodes. Properly dispose of used batteries, and you may keep any unused batteries. ***NOTE:** If the monitor has been submerged in any liquid, seal it in a plastic bag prior to putting it in the case.
3. Place the case into the pre-paid shipping envelope provided.
4. Seal the envelope and drop it in any U.S. Mailbox.