

Using the Universal Pendant with Patient Cable



Long-Term Holter Procedures

What you need to get started:



Patient Cable
3-Lead or 5-Lead



Cable Cradle



Universal Pendant and Battery



Skin Prep Pad



Razor, if necessary
(not supplied)



Packet of Electrodes

Help?

Online: medicompinc.com/patient-center

Email: patientsupport@medicompinc.com

Phone: 877-996-5553

Please Note

These instructions supplement the *TelePatch™* User Manual. Please refer to the manual and other helpful resources at medicompinc.com/telepatch/userinfo.

Warning

Using wired electrodes and the lanyard accessory may present a choking hazard. Do not wear the lanyard while sleeping or operating machinery. Adult supervision is required.

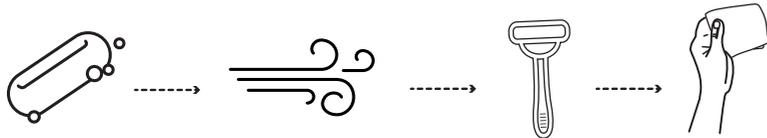
1

Prepare Your Skin

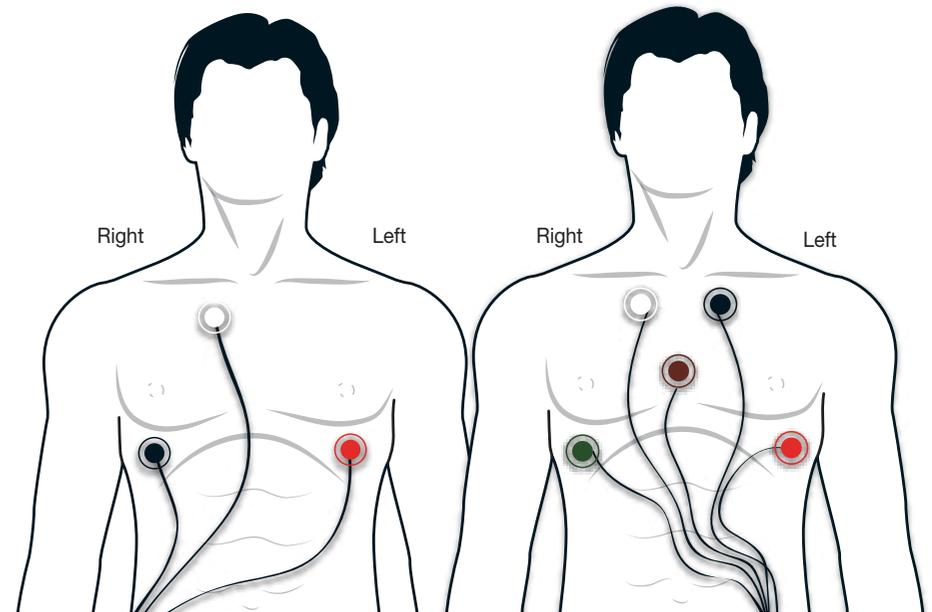
Take care in preparing your skin for application of the adhesive skin patches (electrodes). Good skin preparation means better ECG signal traces that, in turn, are easier for the doctor to review and evaluate.

Using the illustrations on the right as a guide, choose areas of the chest that are flat and not very muscular. Avoid skin folds or creases, irritated skin and scars.

- 1. Use PLAIN soap and water**
No soap with lotion, oil, or fragrance
- 2. Dry thoroughly**
- 3. Shave if necessary**
- 4. Rub areas with Skin Prep Pad**
- 5. Let dry**



Remember, when looking in a mirror, your left and right sides will be reversed!

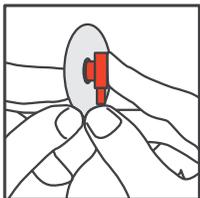


2

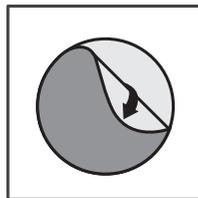
Apply Electrode Patches

Open a packet of electrodes. Snap the electrodes onto all the color terminals of the Patient Cable.

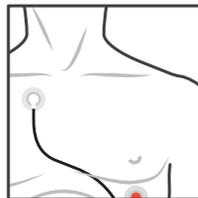
Then, one by one, peel the backing from each electrode and apply it to your chest using the placement as shown in the illustrations on the right. Be mindful of where each color terminal should be placed.



Snap Electrodes



Peel backing



Adhere to chest

tip

Remember, "White on Right" when applying electrodes. This will help you remember to always place the white electrode on the upper right side of your chest.

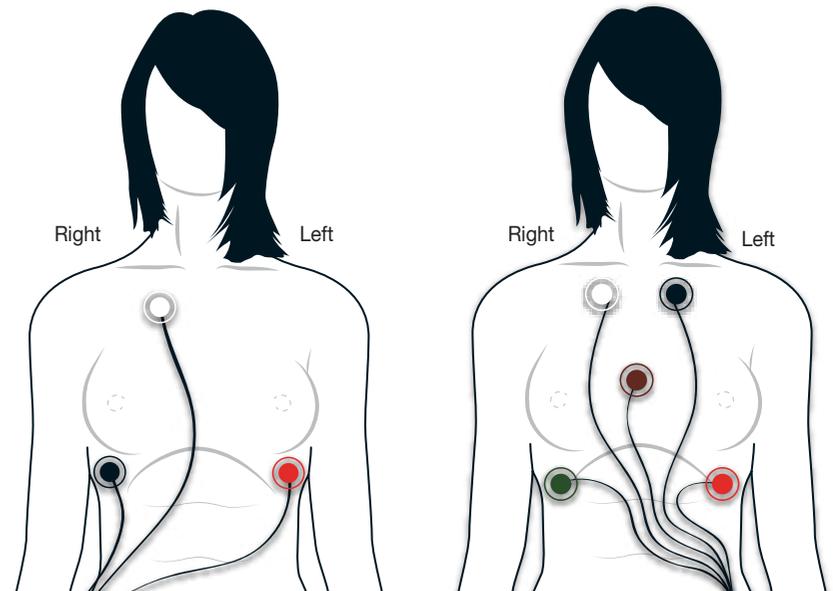
tip

Change the electrode patches every two days. When re-applied, change their location slightly to lessen skin irritation.

3-Lead Patient Cable



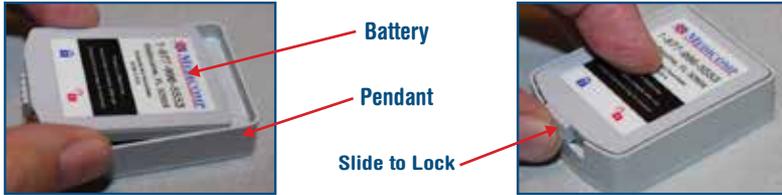
5-Lead Patient Cable



3

Assemble Pendant and Cable Cradle

Attach a fully charged Battery onto the back of the Universal Pendant, and then lock it in place by sliding the small latch into the locked position. The Medicomp label on the battery should be face up.



The Pendant should power on when a charged battery is inserted, indicated by flashing lights and a three-tone chirping sound. If it does not start, turn on the Pendant manually. You may turn the Pendant on and off by pressing and holding the **Power** button. (See illustration below.)

Insert the assembled Pendant into the Cable Cradle. You should hear a click indicating the Pendant is securely inserted.

Attach the Patient Cable by inserting the flat plug into the Cable Port at the base of the Cable Cradle.



Clip the provided lanyard accessory onto the loop at the top of the Cable Cradle to wear it around your neck. Alternatively, you may carry it in your pocket but be careful that the Patient Cable remains firmly connected.

tip **Tip: Take care not to insert the Pendant upside down. Be sure the rounded end of the Pendant— the end at the bottom below the power button — is flush against the matching rounded part of the cradle.**

4

Start the Holter



Green Light

Power Button

Whenever the Pendant is powered on, the **green** light will flash *rapidly*.

To start monitoring, press the **Symptom** button three (3) times. **You know the Pendant is working properly when you see the green light flashing *slowly*, about every four seconds.** Any other visual or audible indication may mean the Pendant needs attention.



Press 3 Times

To power the Pendant on or off, press and hold the **Power** button. The Pendant should automatically power on when a new Battery is inserted. If not, power it on manually. Whenever you power on the Pendant, press the **Symptom** button three times to start monitoring again.

Your Long-Term Holter procedure is now running

During Your Procedure

Wearing the Monitor

This device is designed for 24/7 monitoring, typically for up to 14 days. Your doctor will prescribe the exact duration of your procedure.

- Wear the Cable Cradle with the Pendant, keeping it powered on and keeping the electrodes attached to your chest, at all times – day and night – until the end of your procedure.
- Make sure the Pendant is always pushed fully down in the Cable Cradle and the Patient Cable is firmly plugged into the Cable Port.
- Check for a slow flashing green light on the Pendant to make sure it is working properly.
- Wear the monitor when you sleep and during your regular daily activities such as working, exercising, sexual activity, lounging, etc. But always follow your doctor's instructions.
- DO NOT get any part of the monitoring system wet. See *Showering, Bathing, and Swimming* below.
- The Cable Cradle may be worn on the included breakaway lanyard or kept in a pocket. Make sure the Patient Cable stays firmly attached.

Changing Electrodes

- Change the electrodes every two days.
- When re-applying, change their locations on your chest slightly to lessen skin irritation.
- Review Step 2 for proper placement of the Patient Cable's color terminals.

All Medicomp electrodes are hypoallergenic. Minor skin irritation is normal while wearing any electrode. If you experience excessive irritation that may interrupt your procedure, please call us for assistance at 877-996-5553.

Showering, Bathing, and Swimming

DO NOT shower, bathe, or swim with the Cable Cradle, Pendant, or Patient Cable, or in any other way get them wet.

- First, turn off the Pendant by pressing and holding the **Power** Button.
- Unsnap the terminal heads of the Patient Cable from the electrodes.
- Place the Cable Cradle, Pendant, and Patient Cable away from the water.
- You may keep the electrodes attached to your chest after removing the Cable.
- After drying your skin, re-attach the Patient Cable's terminals to the electrodes. Be mindful of the proper placement of each color terminal. See Step 2.
- Press firmly on each electrode to make sure they are secure against your skin.
- Power the Pendant on, and then press the **Symptom** button three times to start monitoring again. See Step 4.

Sleeping

Here are suggestions for sleeping:

- Place the Cable Cradle with Pendant beside you with the wires extended as much as possible so that you don't roll over the monitor.
- Wear a nightshirt with a breast pocket and place the monitor in the pocket.

DO NOT wear the lanyard around your neck while sleeping.

Pendant Battery Charging

The Pendant Battery is designed to last approximately seven days when fully charged. The Pendant will beep and display a flashing **orange** light when it needs to be recharged.

An extra Battery should be included in your kit. Simply replace the Battery immediately when it is necessary, so as to not interrupt your procedure, and then charge the depleted battery.



- First, power off the Pendant. Then, unlock the Battery by sliding the latch to the unlocked position and pull out the Battery.
- Insert the Pendant Battery into the Battery Charger and lock it in place by sliding the small latch into the locked position.
- Insert the Charger Cord into the Battery Charger Port and plug it into a wall outlet. Make sure the outlet is not controlled by a light switch. An orange light will flash on the Battery Charger while charging.
- When the light turns **green**, the battery is fully charged.

Recording Symptoms



Whenever you experience a symptom, press the **Symptom** button AND write into a diary the following: the date and time, the symptom you felt, your location, and what you were doing.

Your doctor's office should provide you with a diary form, but you may use a blank piece of paper. Be sure to return your diary logs to your doctor when you return the monitor.



Be sure to notate in your diary the date and time of any exercise or overexertion.

Monitor Diagram

Pendant



Cable Cradle

Lanyard Hook

Rounded Bottom End



Battery



Extra Supplies

You should have enough supplies in your kit to last through the end of your procedure. If you need additional supplies, please contact your doctor's office or the facility where you received the monitor.

Returning the System

After you have worn the monitor for the full number of days your doctor prescribed, promptly return the equipment and your completed diary to **your doctor's office** so your data can be analyzed.

Property of Medicomp

All equipment is property of Medicomp.
Please return promptly after use.
Unreturned items may be invoiced.