

Using the Universal Pendant with Patient Cable



Holter Procedures

What you need to get started:



Patient Cable
3-Lead or 5-Lead



Cable Cradle



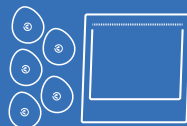
Universal Pendant and Battery



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.

If you were set up in your doctor's office, you may skip these next four steps and go directly to the **During Your Procedure** section.

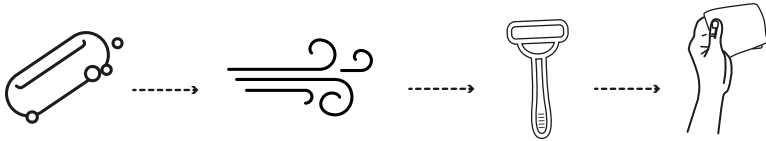
1

Prepare Your Skin

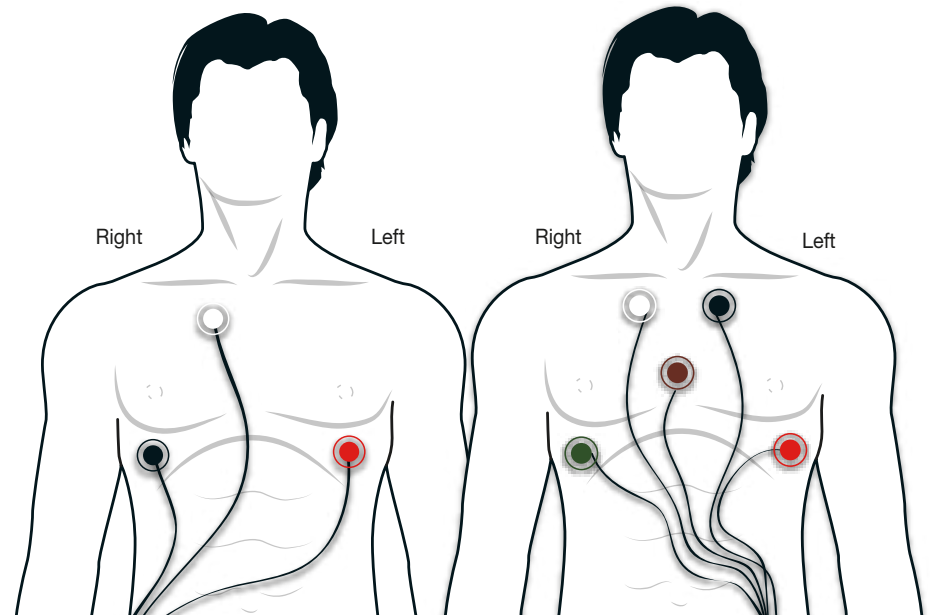
Take care in preparing your skin for application of the adhesive skin patches (electrodes). Good skin preparation means better ECG signal traces that, in turn, are easier for the doctor to review and evaluate.

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 lotions, oils, or fragrances
- 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!

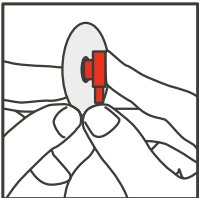


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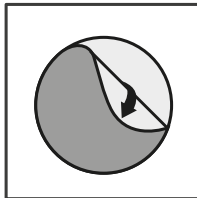
Apply Electrode Patches

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

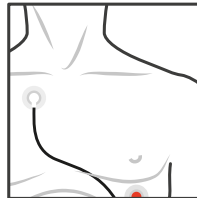
Then, one by one, peel the backing from each electrode and apply it to your chest using the placement as shown in the illustrations on the right. Be mindful of where each color lead should be placed.



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.

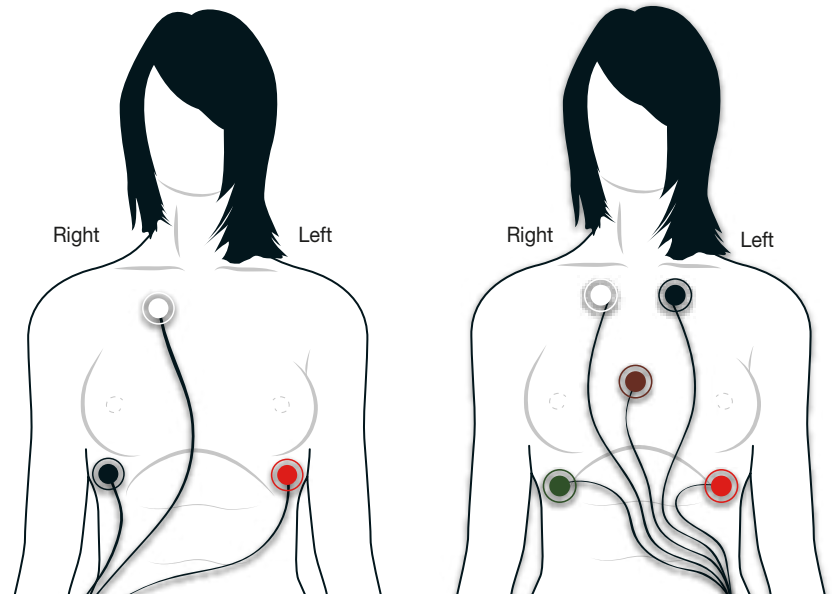
tip

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

3-Lead Patient Cable



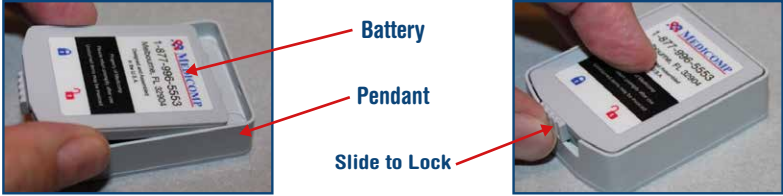
5-Lead Patient Cable



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 solid lights around the **Symptom** button ring and alternating chirping tones. 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. Make sure the Pendant is fully seated in the Cable Cradle.

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: 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

Slowly flashing = Monitoring OK*

Power Button

Press and hold

*Any other visual or audible indication may mean the Pendant needs attention.

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

To start monitoring, follow these steps:

1. Make sure the electrode patches have been properly applied on your chest and attached to the Pendant with the Patient Cable.
2. Make sure the Pendant is firmly in its cradle and powered on and the green light is flashing *rapidly*.
3. Press the **Symptom** button three (3) times.
4. Confirm the **green** light is flashing *slowly*, indicating monitoring has begun.



Press 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.

You should never need to power the Pendant off. The only exceptions are when changing the Battery or replacing the electrodes, two tasks you should not have to perform during your short procedure. 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 Holter procedure is now running

During Your Procedure

Wearing the Monitor

This device is designed for 24/7 monitoring, typically for 1 or 2 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

- You should not need to change the electrodes during your short procedure as they are designed to be replaced 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 leads.

All Medicomp electrodes are hypoallergenic. Minor skin irritation is normal while wearing any electrode.

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 leads 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 leads to the electrodes. Be mindful of the proper placement of each color lead. 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:

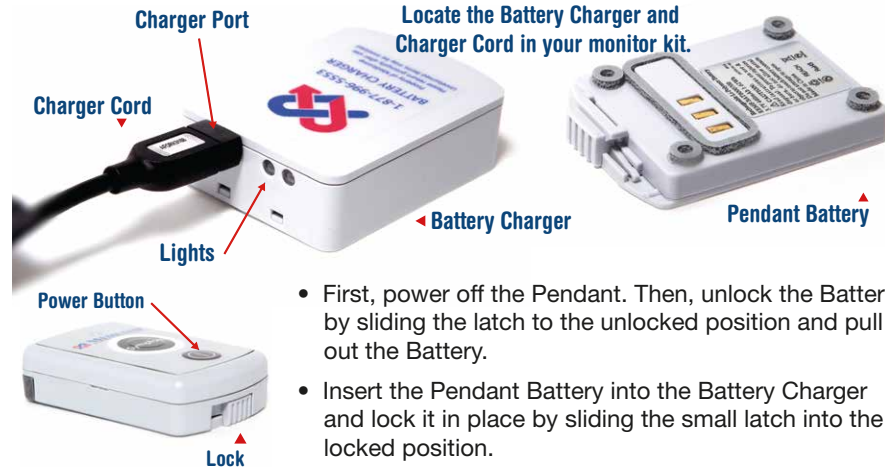
- Place the Cable Cradle with Pendant beside you with the wires extended as much as possible so that you don't roll over the monitor.
- Wear a nightshirt with a breast pocket and place the monitor in the pocket.

DO NOT wear the lanyard around your neck while sleeping.

Pendant Battery Charging

You should not need to charge or replace the Battery during your short procedure as it is designed to last about seven days. The Pendant will beep and display a flashing **orange** light when it needs to be recharged.

An extra Battery may 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.



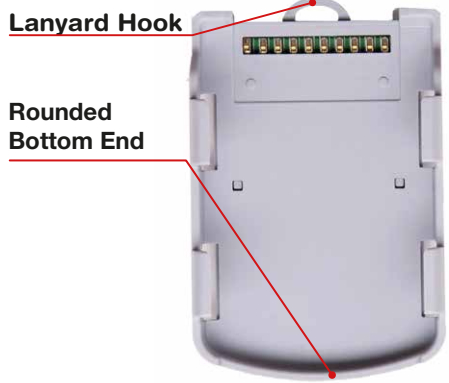
Be sure to notate in your diary the date and time of any exercise or overexertion.

Monitor Diagram

Pendant



Cable Cradle



Battery



Returning the System

After you have worn the monitor for the full length of time your doctor prescribed (usually 24 or 48 hours), 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.