

# myPatch Holter test

## for Pediatric patients

Please read all instructions carefully to ensure your test is successful.

Please read the Patient Instructions overleaf before applying the device. We advise that you:

- Wear loose fitting clothes
- Take any medications as normal unless advised otherwise
- Continue with typical daily activities, including showers and exercise

### At the end of your test

myPatch turns off automatically at the end of the test period, which is stated on your Patient Diary. At this time, you'll need to:

- Remove the patch slowly from the skin
- Unfasten the myPatch from the sticker
- Dispose of the myPatch electrode
- Wipe down the myPatch monitor with cleaning pad
- Fill in all the forms
- Place device and paper work back into transport pack
- Arrange courier pick up.

Check you have received:

1 x myPatch recorder



- Skin & Cleaning prep pads
- Patient diary

1 x myPatch electrode patch



- Patient feedback form
- Return envelope

### Returning the device

Place the myPatch device in the return prepaid envelope, along with the Patient Diary and Patient Feedback form.

#### Contact details



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Suite 203, Windsor,  
Ontario N8X 3V6

E: [info@novameddiagnostics.com](mailto:info@novameddiagnostics.com)  
T: 1-519-987-0611

In case of a medical emergency, please contact the emergency services on **911**

## How to apply myPatch

### STEP 1 Prepare the skin

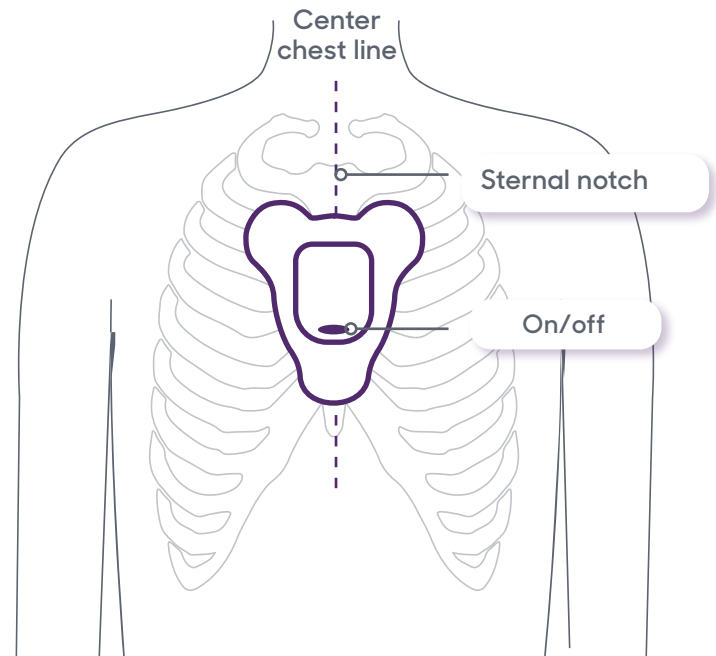
Remove any chest hair then clean the area with the prep pads. Allow skin to dry.

### STEP 2 Prepare the device

- Remove the electrode Patch from the pouch (keep pouch)
- Press the myPatch recorder onto the four metal snaps on the electrode patch.
- Hold the power button down – a green light will flash for 30 secs while the device starts up

### STEP 3 Apply myPatch

Peel the plastic cover off the back of the myPatch electrode and place on the body as shown. Press firmly down for one minute.



## During your test

Continue with daily routines as normal, including exercise and showers. Some slight skin irritation, itchiness or redness may occur, which is normal. Please remove the patch if the patient feels any unbearable discomfort and inform the clinic immediately.

### Recording events and using your Patient Symptom Diary

myPatch allows you to indicate if you experience any mild symptoms, such as dizziness.

- Firmly and quickly double-tap the device
- A blue light will come on to show the event has been marked on your test.
- (Do NOT press the button as it will stop your test)
- Then, record your symptoms on the SYMPTOM DIARY; to capture the specific symptoms you experienced
- Please return the Patient Diary even if you didn't experience any symptoms during your test.

### Watch "How to apply myPatch" on video



#### QR code

Watch easy-to-follow video instructions by scanning the QR code (above) with your iPhone camera and clicking the link or using your preferred Android QR code reader.

#### Website

[novameddiagnostics.com/mypatch-resource](https://novameddiagnostics.com/mypatch-resource)