

Long-term Holter ECG

User guide

The Hardware



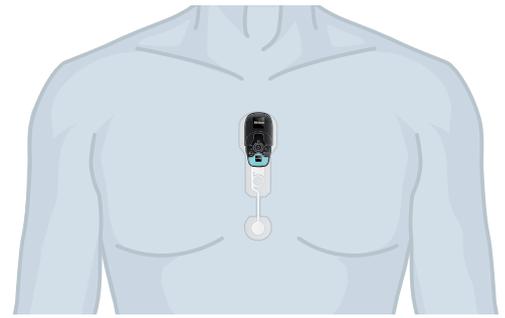
Device



OmegaSnap™
Adapter



OmegaSnap™
Electrode



Images Credit: Bittium

Getting Started

1. Preparing for Holter fitting

- Step 1:** Ensure the skin has been cleaned.
- Step 2:** Remove hair from the area where the device will be placed.
- Step 3:** Use soap and water to clean the skin. Refrain from using alcohol wipes, especially on sensitive skin types.
- Step 4:** Dry the skin thoroughly.

2. The Device and Electrode

- Step 1:** Switch on the device by pressing and releasing the centre button.
- Step 2:** The device makes a rising beep sound, with the green light flashing every 5 seconds.
- Step 3:** Attach the device adapter to the electrode.
- Step 4:** Connect the device to the adapter. Ensure the device is securely connected.

3. Device Placement on the Chest

- Step 1:** The adhesive backing is divided into three sections. Remove the plastic liner (marked as number 1) of the electrode. Do not touch the adhesive surface.
- Step 2:** Place the top of the strip, two fingers below the jugular notch, which is the bone at the base of the neck at the intersection of the collar bone. The bottom of the electrode should be above the diaphragm.
- Step 3:** Once the electrode is properly attached, remove the liners from the sides (marked as number 2).
- Step 4:** Remove the liners one at a time, while ensuring the electrode adheres securely to the skin.

4. Concluding the Recording Process

- Step 1:** Once the holter ECG has concluded the heart rhythm recording, switch the device off by pressing the centre button for 8 seconds. You should hear 3 beeps, after which the light will stop flashing.
- Step 2:** Safely re-package the device and adapter in its original package and return to Goodbody.

User Education

- The device is water resistant and not waterproof, do not submerge the device.
- The user may have a quick shower.
- The user may exercise while wearing the device.
- The device is safe to wear during air travel.
- Do not fiddle with the electrode or device.
- Remove the adapter, device, and electrode.
- Keep a diary to log any symptomatic events. A "Patient Diary" is available on request.

Disclaimer

The device cannot be worn while undergoing an MRI. Remove the device, adapter, and the electrode.



Get in touch

01225 444 144 | clinic@goodbodywellness.co.uk
The Blue Building, Stubbs Lane, Beckington, BA11 6TE