

Long-term Holter ECG

User guide



The Hardware



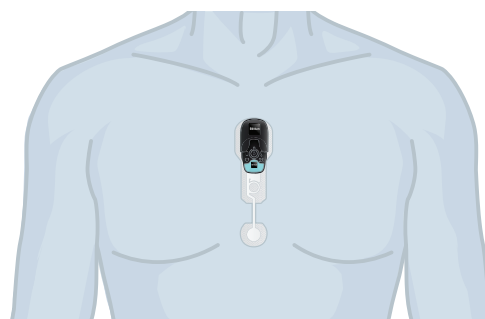
Device



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 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:** Remove the innermost plastic liner (marked as number 1) of the electrode.
- 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, swim or bathe with 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.
- Avoid sleeping directly on the device. Sleeping on one's back or side is recommended.
- Do not fiddle with the electrode or device.
- Do not remove the adapter, device, or electrode, until the recording process has finished.
- 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. Please plan use of the device accordingly. If an MRI is required urgently, safely disconnect the device and contact Goodbody.



Get in touch

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