



# 1 LOCATE COMPONENTS OF YOUR RHYTHMSTAR MOBILE CARDIAC MONITORING SYSTEM



MONITOR



ECG CABLE



# 2 INSERT A CHARGED BATTERY INTO THE MONITOR



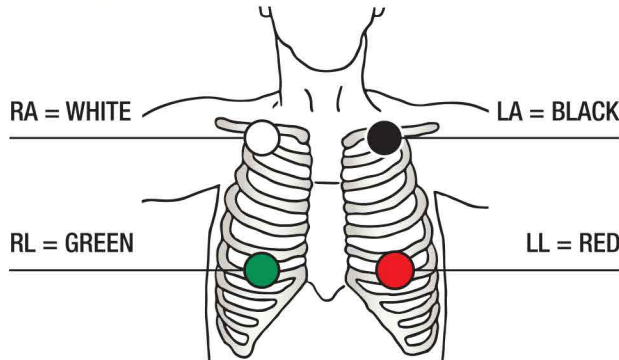
# 3 INSERT THE METAL CONNECTOR OF ECG CABLE INTO THE MONITOR

# 4 PREPARE YOUR SKIN

- Trim hair on chest as needed.
- Clean skin with warm water and let the skin dry.
- Do not use lotions or creams before applying adhesive electrodes.

# 5 APPLY THE ECG CABLE TO YOUR CHEST

- Connect the adhesive electrodes to the ECG cable snaps.
- Remove the protective backing from the adhesive electrode.
- Apply the adhesive electrodes to your chest in the configuration shown below.



# 6 CONFIRM THAT THE MONITOR IS WORKING

Insert battery, wait approximately a minute or so. When the solid green MONITORING message appears, you are now monitoring and ready to go about your normal daily activities.

If the green MONITORING message does not display and you see the message ACTIVATION PENDING in yellow or any other message, contact the Cardiac Monitoring Center at **1.800.590.5559**.



# 7 WHENEVER YOU FEEL SYMPTOMS, PRESS AND HOLD THE RED RECORD BUTTON ON THE MONITOR

The monitor will then prompt you to select the symptom(s) and the level of activity you were feeling and doing at the time of pressing the button.



# DURING MONITORING

- Once applied, you should change the adhesive electrodes as needed (electrodes should never be re-used).
- Keep the RhythmStar monitor away from all liquids, extreme heat, or places that are damp or dusty. When you shower, you can keep the adhesive electrodes on, but you must remove the monitor and ECG Cable before entering water.
- Contact the 24/7 Monitoring Center at any time if you need assistance using the RhythmStar.

# WHEN YOUR STUDY IS COMPLETE

## Returning to Doctors

When you are finished with the monitor, please take it and any left-over electrodes, batteries and equipment back to your doctor's office. The monitor can be returned to any nurse. You do not need to have or make an appointment for this. In the event that you are unable to take it back to your doctor, please contact the monitor return department at 516.872.7001. We will provide you with a UPS return envelope.

## Returning to Sky Medical

When you are finished with the monitor, please place it and any left-over electrodes, batteries, and equipment into the UPS return envelope. Seal up the open end of the envelope and place it into any UPS Drop Off Box. You will find a list of Drop Off locations with the return envelope.