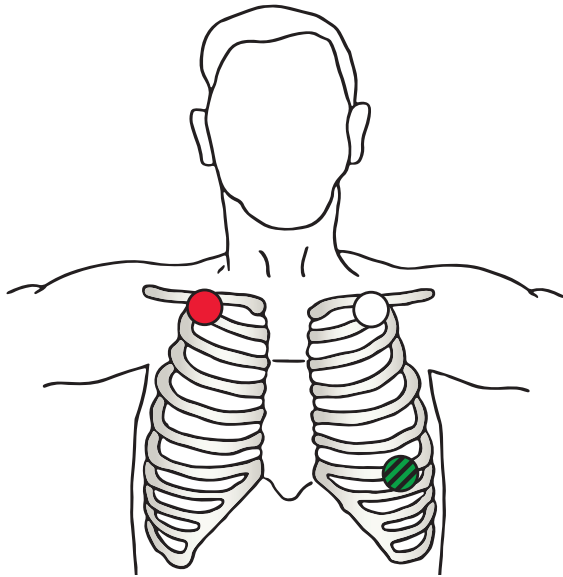




# TELESENSE

## PATIENT INSTRUCTIONS



**RA (Red):** Right Arm, place mid to top of clavicle right  
**LA (White):** Left Arm, place mid to top of clavicle left  
**LL (Green or Black):** Left Lower, place on left lower rib cage, feel for bone

### MONITOR PREPARATION

1. Plug the charger into a wall outlet and insert the second battery into the charging station. The battery fits one way, please make sure it is seated correctly.
2. Charge the battery when not in use for 24 hours. Change the battery twice a day. Please turn the device off before changing the battery by holding down the Event Button for 5-10 seconds.
3. To remove the battery, open the back cover and slide the battery out.
4. Insert the newly charged battery to automatically turn your device back on to continue monitoring.
5. Please keep MiFi puck with you at all times. Make sure that it is always powered on. Make sure that it is plugged into a wall outlet when you can.

### DEVICE HOOK UP

1. Do not let the device or leads get wet.
2. Disconnect the leads from your body before bathing.
3. Replace the electrodes every day.
  - a. Clean your skin with skin prep and allow to dry
  - b. Place the electrodes on the lead wires first
  - c. Remove the protective backing
  - d. Apply the electrodes directly onto your skin located on your torso per instructions
  - e. If your skin becomes irritated you can move the electrodes slightly in the same approximate location.

### TO RECORD AN EVENT

If you feel a symptom, hold the Event Button (large circular button) and press for 1 second. After pressing the button, please call the Cardiac Monitoring Center at 1.800.590.5559 to report your symptoms. The technicians at the Cardiac Monitoring Center will be watching your monitor 24 hours a day; they will contact you if necessary.

### RETURNING TO DOCTORS

When you are finished with the monitor, please take it and any leftover 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 leftover 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.

