

# Symptom diary information

Your doctor has chosen to provide you with the latest cardiac monitoring technology and highest standards of patient care, using a myPatch Holter. The lightweight, waterproof device allows you to continue with your regular daily activities, while recording your heart beat continuously for the entire test.

#### 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 overleaf to capture the specific symptoms you experienced.

#### Getting started

Please read the Patient Instructions in your myPatch Patient Kit 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
- Remember to mark the time & date of your fitting on the top of your symptom diary.

## Any questions or concerns during your test, please contact:



T: +1-800-267-5248

E: info@cardiacmonitoringservice.com

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

Patient details			
Patient Name:			
Patient ID:	Date of Birth:	Length of Test:	
Time & Date Fitted:	Time & Date Removed:		

### **Symptom Diary**

Remember to record any specific symptoms you have during your test. Please return this diary with your monitor as instructed, even if no event has been recorded.

Date	Time	Activity	Symptoms
01/01/2020 10:00an	10:00am	Walking/sitting/eating	Dizzy/heart flutters