

Introduction

The R.Test ECG recorder is a light, comfortable and unobtrusive heart monitor designed for use during normal daily routines. It can be worn for just a few hours or for up to several weeks at a time.

This guide has been produced to answer the most common questions that patients have whilst wearing the R.Test ECG recorder.



Your Doctor will have chosen the best way for you to wear the R.Test ECG recorder depending on your individual circumstances.

You should wear the R.Test ECG Recorder for as long as possible during each day and night as instructed by your doctor. You must remove the R.Test ECG Recorder when washing, bathing or having a shower.

DO NOT ALLOW THE R.TEST RECORDER TO GET WET!

Bathing

When you want to wash or take a bath or shower, remove the recorder and the cable as one unit, by unfastening it from each of the two adhesive electrodes.

Do not detach the cable from the recorder.

Place the recorder and its cable safely on a flat dry surface until you are ready to continue wearing it.

Re-Connecting the Recorder

When you have finished bathing, ensure that the skin is clean and dry. If necessary, replace the two adhesive electrodes. Do not use talc or moisturisers where the electrodes are sited and please avoid the use of perfumes or aftershaves as this can affect the plastic coatings of the device and its accessories.

Taking care not to press any of the buttons, snap the recorder and its cable onto each of the adhesive electrodes

When connected to the adhesive electrodes the recorder will begin monitoring your heart again



If You Feel Symptoms

If you feel any symptoms such as chest pain, dizziness or palpitations while wearing the device you can make a special recording by pressing the button in the centre of the R.Test ECG recorder.



To make a symptomatic recording press the centre button once. You may or may not hear a short beep when you press the button and two short beeps several seconds or minutes later.

If possible, you should write down the time and date of your symptoms, what you felt and what you were doing at the time when you felt them. This information can be useful to the doctor and should be given to him when you return the monitor.

Disclaimer

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