

Tips for Changing Electrode Pads

Changing your Electrode Pads and Keeping Your Skin Healthy

Change your electrodes every other day. If they come loose before that time, replace them immediately. If you are showering or bathing on the day you need to change them, remove them in the shower or bath. Lather them up with soap and water and pull them off gently. When you are done with your shower, dry your skin and follow the instructions in *How to Change your Electrodes*. If you do not remove the electrodes in the shower or bath, you will still need to use soap and water to loosen them. The goal is to be gentle with your skin. Never pull the electrodes off quickly like a band-aid.

If the electrodes come loose or are moving around before the two days are over, replace them immediately. It is very important that the electrodes adhere to your skin at all times. You may want to press lightly on your electrodes in the morning when you wake up and throughout the day to make sure they are adhered to your skin.

Do not put the electrodes in the exact same location each time you change them. It is very important that you rotate the locations near the original sites. This will help preserve your skin. If, at any time, redness or irritation occurs, call CardioNet at 1-866-426-4401. Do not wait until the irritation is severe before you call.

The “Skin Prep” in your kit can be used if you experience mild skin irritation. Wipe the 3 areas with one skin prep. Let it dry and then apply the electrodes. The skin prep provides a barrier between the electrodes and your skin. It is usually not necessary to use the skin prep and should only be used if you have sensitive skin or are experiencing mild skin irritation.

Adhesive remover is also included in your kit and can be used if you have any adhesive residue left on your skin. The adhesive remover can irritate your skin so make sure you wash it off after using. It is not necessary to use the adhesive remover and should only be used if you can see visible adhesive still on your skin after washing with soap and water.

Do not use lotion or powder on your chest while you are being monitored and remove all hair on your chest in the locations of the electrodes. Follow the instructions in the next few pages on *How to Change Electrodes*.

How to Change Electrodes and Attach Sensor

1

Turn monitor off



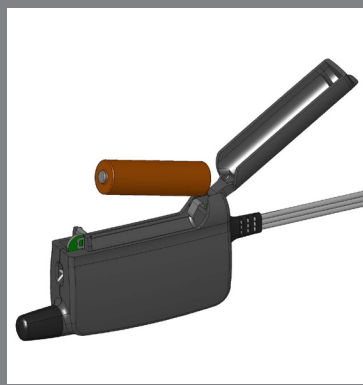
2

Remove sensor battery



3

Remove old electrodes



With your monitor on, locate the black toggle switch on the bottom of you monitor. Move the switch from green to red. The blue “Good bye...” screen will appear. Once this screen disappears, the monitor has completely powered down.

Open the battery door by pushing the door snap up.

Remove the battery by grabbing both sides and lifting it out.

Unsnap the three leads from the electrode pads.

Using soap and water, gently lift the old electrode pads off your skin. Never pull them off quickly.

Throw the old electrode pads away.

How to Change Electrodes and Attach Sensor

4

Apply new electrodes



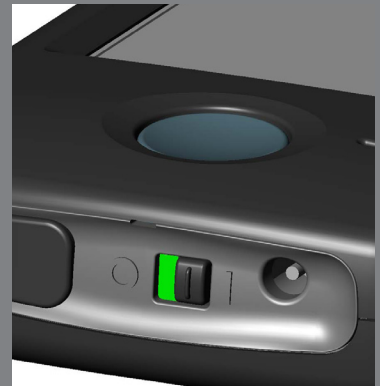
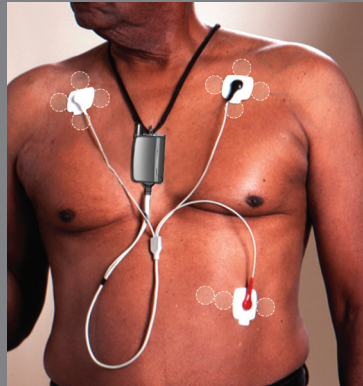
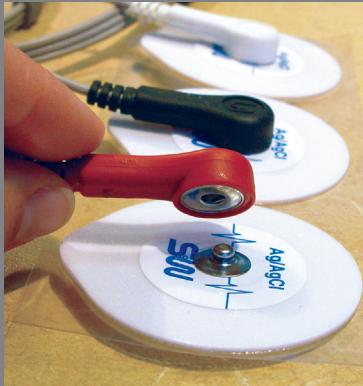
5

Placement of the leads



6

Monitor and sensor on



It is very important that you place each electrode in another location near the original site to protect your skin. Open one pack of electrodes. Snap the 3 leads to the electrodes. Peel off one electrode at a time from the backing and apply them in the proper location (see step 5) to clean, dry, hairless skin.

WHITE ON RIGHT. Place the electrode with the WHITE lead on the right, under your collar bone.

BLACK ON LEFT. Place the electrode with the BLACK lead on the left, under your collar bone.

RED ON RIB. Place the electrode with the RED lead on your lower left rib cage.

Turn the sensor on by inserting one AA battery into the sensor battery compartment. You will hear a chime if the battery is inserted correctly.

Turn your monitor on by locating the black toggle switch on the bottom of your monitor. Move the switch from red to green.

How to Change Electrodes and Attach Sensor

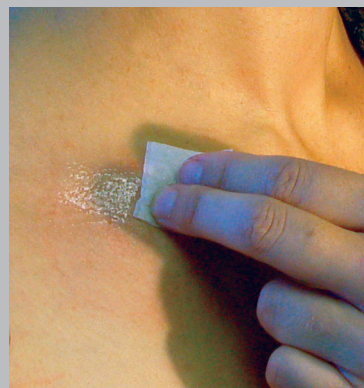
7

If you choose neck strap

8

If you choose belt clip

Skin Irritated?



If you choose to wear the sensor on your chest, you will need the neck strap.

Unsnap the strap and thread it through the loop on the sensor. Snap the ends together and place it over your head. The 2 tabs allow you to adjust the length of the neck strap.

If you choose to wear the sensor on your belt, you will need the belt clip.

Attach the clip to your pants, skirt or belt. Insert the end of the sensor with the loop pointing downward into the narrow opening on the clip. Snap the other end into the wide opening with the wires pointing upward.

If your skin is red or irritated, you can use the "Skin Prep" located in your kit. This provides a protective barrier between your skin and the electrode. Wipe all 3 locations with one skin prep. Allow to dry and place electrodes on top. If the skin irritation continues, call CardioNet at 1-866-426-4401.

Remove Before Showering or Bathing



With your monitor on, press the blue power button located on the lower right part of the monitor.

1

On the monitor's touch screen, a confirmation will appear.

Press Yes to turn the monitor off.

2

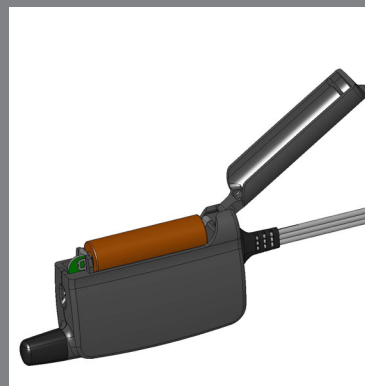
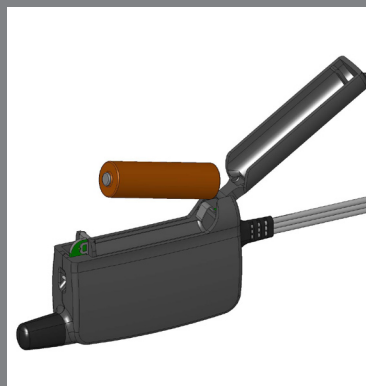
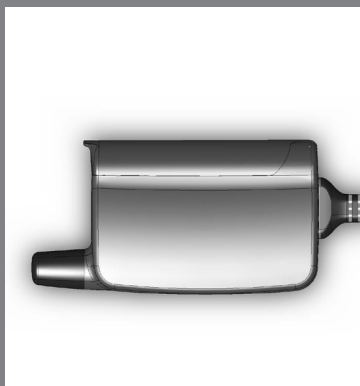
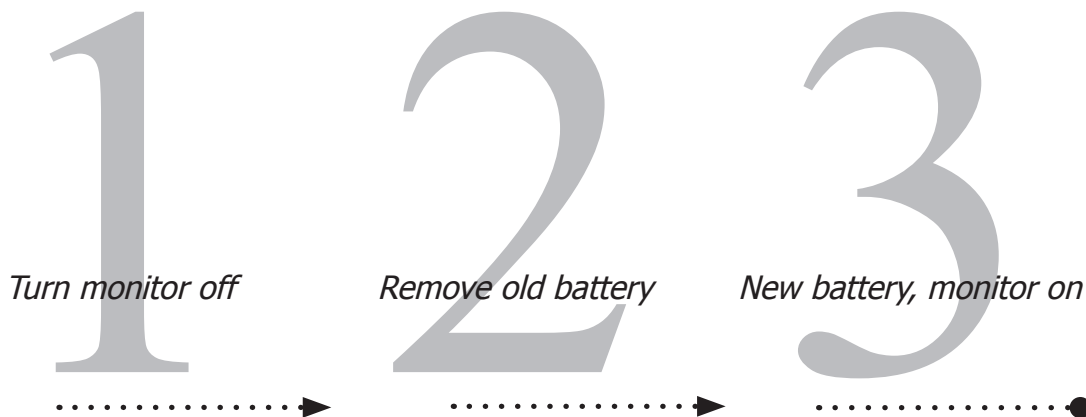
The sensor is not water proof, but the electrodes are. Therefore, you'll need to remove your sensor before taking a bath or shower, but you can keep the electrode pads on.

To prevent the electrodes from falling off while you are in the shower, avoid soaking the electrode pads. Gently wash the skin around the electrodes.

While you are drying off, use your towel and press the electrodes onto your skin. This will help dry the electrodes and to ensure a tight surface contact with your skin.

If your electrodes are 2 days old, remove the old electrodes and apply new electrodes. Removing the old electrodes during your shower - while they are wet - may be gentler on your skin.

How to Change the Sensor AA Battery



Press the blue power button located on the lower right part of the monitor.

On the monitor's touch screen, a confirmation screen will appear.

Pressing **Yes** will turn the monitor off.

Open the battery door by pushing the door tab up.

Remove the old battery by placing your finger in the recessed area, wedging your finger underneath the battery and lifting upward.

Put in a new AA battery, included in your CardioNet kit. Note the battery direction on the label on the inside of the sensor cover. If properly installed, the sensor will chime. If the sensor doesn't chime, recheck the battery direction.

Close the sensor cover and turn your monitor on.

A large, stylized blue number '5' is positioned on the left side of the page, partially overlapping the title and the chapter content. It has a thick, solid blue fill and a slight shadow effect.

TROUBLESHOOTING

In this Chapter:

- Responding to Monitor Alerts and Alarms
- Troubleshooting Device Problems
- Precautions, Cautions and Warnings

Responding to Monitor Alerts and Alarms

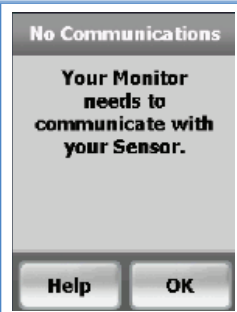
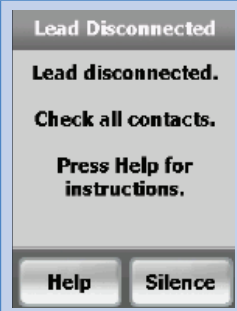
When the monitor or sensor beeps

When the monitor beeps it has nothing to do with the condition of your heart, so don't become concerned. The monitor will beep to alert you when it is unable to function properly. The touch screen will explain what to do. With both alerts and alarms you can always touch the Help button for further instructions.

Alerts display an information screen that will disappear after 15 seconds and have an audio tone of two brief beeps. Alarms display an information screen that persists and alarm tones that grow louder over time.

Alerts can sometimes fix themselves, but alarms always require action on your part. For alarms, you can immediately silence the audio tones by touching the Silence button on the touch screen.


The table below will help you identify the possible problem and the actions you can take to find a solution for each monitor alert or alarm.

Screen	Problem	Possible Solutions
 <p>No Communications</p> <p>Your Monitor needs to communicate with your Sensor.</p> <p>Help OK</p>	NO COMMUNICATIONS The sensor you are wearing on your body and the monitor are not communicating.	Move closer to your monitor or move the monitor closer to you. OR Check if the sensor battery is empty or oriented incorrectly.
 <p>Lead Disconnected</p> <p>Lead disconnected. Check all contacts. Press Help for instructions.</p> <p>Help Silence</p>	LEAD DISCONNECTED One or more leads are unsnapped from the electrodes. OR One or more electrodes are not stuck well to your skin.	Check that all leads are snapped to the electrodes. OR Check all electrodes to ensure they are stuck to your skin. Apply new electrodes if needed.

Responding to Monitor Alerts and Alarms

<i>Screen</i>	<i>Problem</i>	<i>Possible Solutions</i>
<p>Low Gateway Battery</p> <p>Your Monitor battery is low. Charge battery soon to ensure continuous monitoring!</p> <p>OK</p>	<p>LOW MONITOR BATTERY</p> <p>The rechargeable battery in the monitor is low.</p>	<p>Return the monitor to the base for recharging.</p> <p>OR</p> <p>Directly recharge the monitor by plugging the base power cable into the monitor.</p>
<p>Low Sensor Battery</p> <p>Your Sensor battery is low. Replace battery soon to ensure continuous monitoring!</p> <p>OK</p>	<p>LOW SENSOR BATTERY</p> <p>The sensor AA battery is low.</p>	<p>Install new battery.</p> <p>OR</p> <p>If the battery is new, inspect battery compartment and clean contacts if necessary.</p>
<p>Internal Monitor Error</p> <p>Internal Monitor Error 1234</p> <p>Call CardioNet at 1-800-555-0000 for technical assistance.</p> <p>Help Silence</p>	<p>INTERNAL MONITOR ERROR</p> <p>The monitor is not functioning.</p>	<p>Call the CardioNet Patient Service Center for help. Call Toll free: 1-866-426-4401.</p>
<p>Internal Sensor Error</p> <p>Internal Sensor Error 1234</p> <p>Call CardioNet at 1-800-555-0000 for technical assistance.</p> <p>Help Silence</p>	<p>INTERNAL SENSOR ERROR</p> <p>The sensor is not functioning.</p>	<p>Call the CardioNet Patient Service Center for help. Call Toll free: 1-866-426-4401.</p>

Responding to Monitor Alerts and Alarms

<i>Screen</i>	<i>Problem</i>	<i>Possible Solutions</i>
 <p>The screenshot shows a monitor screen with a dark background. At the top, it says "Transmit Data". Below that, in white text, it reads: "Your Monitor is trying to send data and cannot reach the network." Underneath, it says "Press Help for options." At the bottom, there are two buttons labeled "Help" and "OK".</p>	<p>INFORMATION TO SEND</p> <p>The monitor needs to transmit data but can not establish a connection to CardioNet.</p>	<p>Put the monitor in the base.</p> <p>OR</p> <p>Move to an area with cell phone coverage.</p>

Troubleshooting Device Problems

About Troubleshooting

Troubleshooting sometimes involves a bit of detective work, but usually the monitor detects problems for you and can assist you with resolving the problem. The monitor beeps to let you know there is a problem with the equipment. The touch screen shows you a message on how to respond to the alert or alarm. For every alert and alarm the touch screen has a help menu. Any time an alert or alarm appears and you do not know what to do, you can press the Help button to access detailed instructions on how to troubleshoot the problem.

An alert prompts you to resolve a problem by displaying an information screen and beeping an audio tone. With alerts the problem can fix itself and you won't need to take any action. With alarms you will need to take some action and information on how to resolve the problem will be provided on the touch screen. An alarm persists to let you know that a problem has not been resolved and you must take action.

If your Problem Can't be Resolved

If you experience additional problems with any components of the CardioNet Monitoring System, review the problems and solutions listed in the troubleshooting section. If additional assistance is required contact customer support toll free at 1-866-426-4401.

Most alerts or alarms have a help screen. If you need more information, press the **Help** button to access detailed instructions on how to troubleshoot the problem.

