

# Attaching Lifecard Monitor – Multi Day Recordings

## This pack contains:

- Lifecard monitor
- Pack of electrodes (Stickers)
- Some Alcohol wipes
- Some scratchy pads
- Diary sheet
- Envelope with return label
- Satisfaction Survey



**Weblink:** Head to [www.whh.nhs.uk](http://www.whh.nhs.uk) to Our Services – Cardio Respiratory Department - How to Guide: **Attaching Lifecard monitor – Multi Day Recordings.**

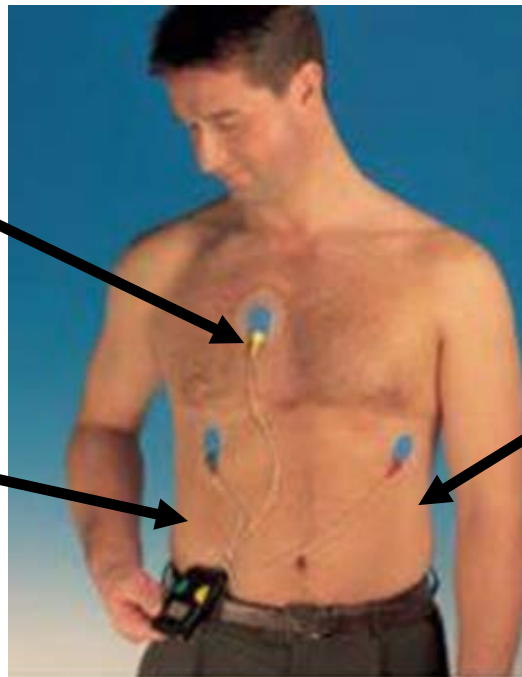
Right Side

Left Side

YELLOW

GREEN

RED



### How to attach monitor

1. Male patients, please shave (if necessary), the three areas where electrodes are to be placed. See picture 1 above. Skin must be hair free.
2. All patients use alcohol wipes to clean the three electrode sites (female patients must clean and apply under breasts).
3. All patients use the grey scratchy pads to rub the three electrode sites until the skin is slightly red.
4. Take an electrode (blue and white sticker), remove the plastic backing and carefully apply it onto one of the prepared sites by gently pressing around the white paper edge.

5. Repeat process for all three electrodes.
6. Clip the monitor to your belt or the waistband of your clothes.
7. Attach the monitor wires to the stickers, using the coloured press studs, as per picture 1.
8. Monitor screen should display the time.
9. The machine is now recording your heart rhythm.
10. For multi-day recording we recommend you change the stickers every other day, following steps 1- 7 above. Vary the position of the sticker slightly to avoid skin irritation.
11. If excessive skin irritation occurs, please contact the department

Do	Do not
Do, carry on your normal activities	Do not have a bath or shower with the monitor in situ.
Do, record any symptoms on the diary sheet using the time displayed on the monitor screen.	Do not get the equipment wet
Do leave the monitor on overnight.	Do not take the monitor apart or remove the battery.

### **How to remove the monitor**

On the day you are returning the equipment, unclip the coloured press studs from the stickers. **Put stickers in your own bin. Likewise, do not return any unused stickers.**

1. Place the monitor and diary along with this information card in the envelope provided.
2. **Return the envelope to the same place you collected the monitor from at the following times:**
  - 8:30am-9:00am if you collected it in the morning
  - 12:00pm-12:30pm if you collected in the afternoon

Any problems fitting the monitor or if you are unable to return it on the agreed date please telephone **01928 753317 / 01928 753293.**

**Please do not come into the hospital if you have the following symptoms or need to self-isolate.**

- Cough and/or fever
- Loss of taste and smell
- Someone in your household has developed any of the above symptoms
- Your GP had advised you to shield.