

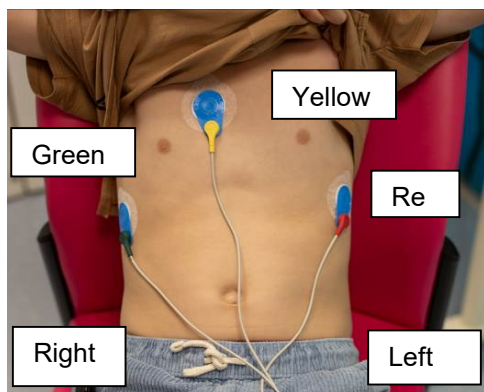
Holter eclipse pro-monitor

Instructions on how to set up and use

Make sure the packet contains everything you need to set up the monitor. You should have:

- a monitor with 3 leads
- a set of three stickers (plus enough sets to change over every other day if wearing for longer than 48hrs)
- this instruction sheet
- a diary card
- a pre-paid return postage bag

1. Make sure your child's chest is clean, dry, and free from any creams, oils, or moisturisers. If the skin is slightly sweaty, you can lightly exfoliate the skin by rubbing with a towel or cloth. This will prevent the stickers from peeling off.
2. Peel off the paper backing from the stickers. One should go slightly right of centre of your child's chest (left as you're looking at them), and the others should go by the armpits on the left and right sides. The blue tab should point downwards.
3. Using the poppers, clip the yellow lead to the top sticker, the red lead to the left sticker, and the green lead to the right sticker (see first picture).
4. The screen of the monitor should be on and display: 'Ready to go' at the top (see second picture) Using the right-hand arrow button on the monitor, select OK.



5. A 'Lead Check' should display next. All three circles on the diagram should be green. Select OK again to proceed. If any circles are flashing red, this indicates a poor connection. Check that the stickers are attached properly and re-clean your child's skin if necessary.
6. The 'Hookup' page should display next, where you should see 3 ECG channels. Make sure all have clear recordings (see third picture), then select OK again.



7. The monitor should now say 'Ready To Start' and display your child's hospital ID and name. Select OK to start the recording.
8. The monitor should now state RECORDING with the date and time below.

The monitor is now set up and recording.

Other Information

The monitor is not waterproof, so please do not swim or have a bath if your child is wearing the monitor for 48hrs. If they are wearing the monitor for longer than this, please only change the stickers every other day to ensure maximum recording time.

You do not need to press any buttons to turn off the monitor before you send it back, but don't worry if you accidentally press any, or if the screen still says 'recording' when you remove the monitor.

To help spread the stop of infection, please dispose of any used stickers and don't send these back to us.

Don't forget to include the diary card with the monitor, even if your child has no symptoms, as this is important for our reports.

Please make sure you take the monitor to a post office the day the recording is finished, as agreed with the physiology team.

We are extremely limited on monitors, and failure to return the monitor by the agreed date results in cancellations and delays for other children on the waiting list.

Contact us

Call the paediatric cardiology outpatient team on 020 7188 9224 (Monday to Friday, 9am to 4:30pm) if you have any problems.

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline, **phone** 020 7188 3003, Monday to Friday, 10am to 5pm **email** letstalkmedicines@gstt.nhs.uk

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **phone** 020 7188 8801 **email** pals@gstt.nhs.uk. To make a complaint contact the resolution department **phone** 020 7188 3514 **email** complaints2@gstt.nhs.uk

Use this QR code to watch our film that goes with these instructions.



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