

Introduction

The Novacor Vista Plus 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 days at a time.

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



Your Doctor will have chosen the best way for you to wear the Vista ECG recorder depending upon your individual circumstances.

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

DO NOT ALLOW THE VISTA RECORDER TO GET WET!

Bathing

If you are wearing the Vista ECG recorder for 24 hours or less, please refrain from bathing until after the device has been returned to the hospital.

It is possible to wash with the recorder still attached but extreme care must be taken to ensure that the device does not get splashed or immersed in water.

If you are wearing the Vista ECG recorder for several days you can remove it to take a bath or shower, remove the recorder and the cable as one unit, by unfastening it from each of the adhesive electrodes.

Do not detach the cable from the recorder.

Place the recorder and its cable safely on a flat surface, preferably outside of the bathroom, until you are ready to continue wearing it. If you are due to replace the adhesive electrodes remove them prior to bathing.

Re-Connecting the Recorder

If you are applying new electrodes, ensure that the skin is clean and dry. Do not use talc or moisturisers where the electrodes are sited.

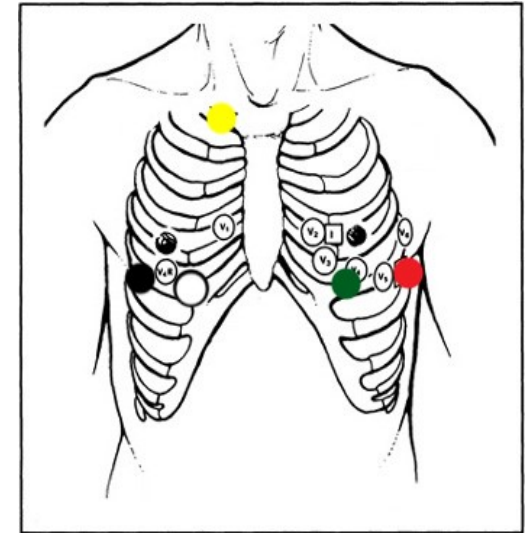
Taking care not to press either of the buttons, snap the ends of the cables onto each of the adhesive electrodes.

When connected to the adhesive electrodes the recorder will begin monitoring your heart again automatically. There is no need to press any buttons.

Please avoid the use of perfumes or aftershaves as this can affect the plastic coatings of the device and its accessories.

Important

Please take care to place the replacement adhesive electrodes in the same location as before and to attach the cables to the same locations. The diagram below is provided as a guide for the colours.



If your skin becomes red or inflamed, the replacement electrodes can be placed adjacent to the original positions. If this is the case, please ensure that no electrode gets too close to the yellow position.

If your skin reacts strongly to the electrodes please remove them all and seek advice.

Disclaimer

This Information sheet is provided by Novacor UK Ltd. Authorised distributor for Novacor products and accessories in the UK & Ireland. This information sheet is intended for use as a patients guide only. It is intended to support the information given to patients by authorised and trained clinical staff only. Novacor UK Ltd accepts no responsibility for errors or omissions. This guide is subject to change without notice. V1 16-12-2021-MRN0247

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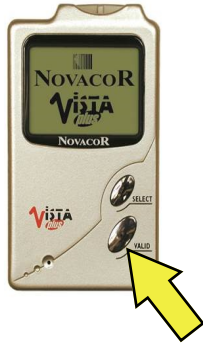

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UK Ltd.

Patient Diary

NAME..... DOB.....

If You Feel Symptoms

The Vista ECG recorder will record every beat your hear makes whilst wearing it. If you feel any symptoms such as chest pain, dizziness or palpitations while wearing the devices you can add a marker, this will draw the hospitals attention to this period of the recording.



Simply press the silver button to add a marker.

If you have been told to make voice recordings, you should press and hold this silver button, and speak clearly towards the recorder. The microphone takes a moment to activate and will stop recording when you release the button.

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 medical staff and should be given to them when you return the device.

In most cases, it is not necessary for you to take any specific action whilst wearing the Vista ECG monitor. The device will continuously monitor your hearts rate and rhythm and automatically records your ECG. This will reveal any arrhythmias that may be of interest to your doctor.

The device is not normally affected by mobile phones, microwave ovens or airport x-ray machines. You may however be required to remove the device by airport security staff for inspection.

Activity																				
Symptoms																				
Time																				
Date																				



Full Disclosure Holter ECG Recorder

Patient Guide