

## 1 PLAN & POSITION

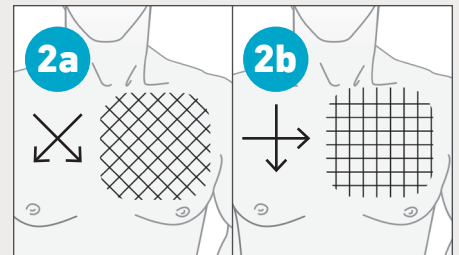
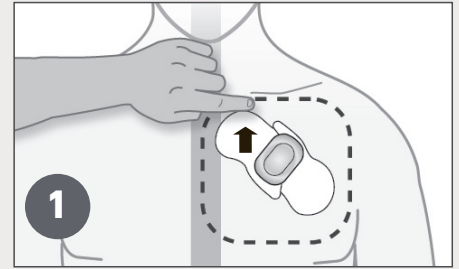
Enroll the patient.

- Online: [www.zioreports.com](http://www.zioreports.com)

Write in Patient ID Number and Initials, Physician, Start Date & Time on cover of *Patient Instructions & Button Press Log*.

Determine position:

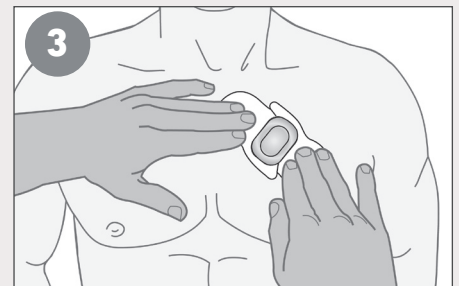
- Patient should stand with arms relaxed by their sides.
- Skin should be free of perspiration.
- Determine placement area without removing backing.
- Place on flattest part of upper left chest:
  - 1 finger width below collarbone, centered over left pectoral muscle
  - Edge of the Zio XT Patch next to sternum
  - Angle so arrow on top label points upward
  - Avoid armpit and breast tissue



## 2 PREP SKIN

Prepare a large area:

- **SHAVE** area.
- **ABRADE** skin, applying pressure for 40 broad strokes— 10 times in the direction of each arrow in 2a & 2b (important for adhesion and ECG signal quality).
- **CLEAN** skin thoroughly with all alcohol pads. Let dry for 1 minute.

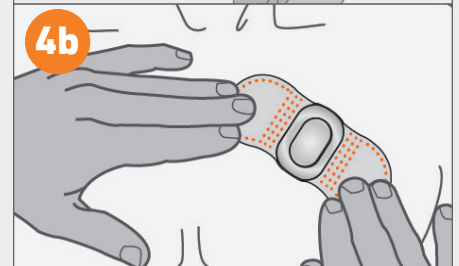
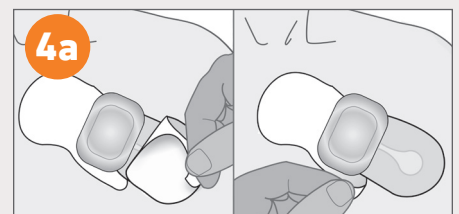


## 3 APPLY PATCH

- Hold device in the center and remove clear backings. Keep top label on. Do not touch adhesive.
- Place Zio XT Patch in the recommended position.
- Press firmly across the entire device for 2 minutes (see image 3).

## 4 FINISH & ACTIVATE

- Peel off the 2 parts of the top label (see image 4a).
- Press firmly across the entire device for 2 minutes, working adhesive into the skin. Emphasize pressing on the dotted areas shown in figure 4b.
- Firmly press the 'Zio' button and release (see image 4c). The **green** light will flash 5 times indicating that the monitoring has started.
- Help patient get familiar with the location of the button.



# USING THE PATIENT INSTRUCTIONS & BUTTON PRESS LOG

## Wear up to the Prescribed Duration

Based on individual wear experiences the actual wear time may be shorter than prescribed.  
Open for Patient Instructions and FAQs.

## Each Time a Symptom is Felt...

Press the 'Zio' button.  
Write the symptom in the Button Press Log.

## Return the Zio XT Patch

On cover, write in "Date Removed."  
See last page for how to remove the Zio XT Patch.

The image shows the Zio XT Patient Instructions & Button Press Log form. It is divided into two main sections: 'PATIENT INSTRUCTIONS & BUTTON PRESS LOG' and 'BUTTON PRESS LOG'. The top section contains fields for Patient ID Number, Patient Initials (First, Last), Start Date, Time, and Removal instructions. The bottom section, titled 'BUTTON PRESS LOG', includes a date and time field for when the button was pressed, a list of symptoms to check (such as anxious, arm or neck pain, chest pain, dizziness, faintness, light headed, pounding, fluttering or racing, short of breath, skipped beats, irregular beats, other), a field for duration (1 min or less, 10 mins or less, 1 hour or less, More than 1 hour), and a field for activity while wearing the patch. A 'SIN STICKER HERE' label is also visible at the bottom.

## FREQUENTLY ASKED QUESTIONS

### How long am I supposed to wear the Zio XT Patch?

Wear the Zio XT Patch according to your physician prescribed wear time but no longer than 14 days.

**NOTE:** Based on individual wear experiences your actual wear time may be shorter than prescribed.

### Can I shower with the Zio XT Patch on?

Yes, but please avoid showering during the first 24 hours of wearing the Zio XT Patch. After that, take brief showers with your back facing the shower head, and keep soaps and lotions away from the Zio XT Patch.

### Can I take a bath?

Yes, but keep the Zio XT Patch above water. The Zio XT Patch should not be submerged in water.

### Can I go swimming or sit in a hot tub when the Zio XT Patch is on?

No.

### What if I don't have symptoms?

That's okay. The Zio XT Patch is designed to capture every beat.

### Can I go about my daily activities?

Yes, but activities that cause excessive sweating may cause the patch to slide, become loose, fall off, or shorten wear time. Especially in the first 24 hours, avoid such activities so that the patch can fully adhere to your skin.

### Will the Zio XT Patch blink or make noise?

If it is working properly, the Zio XT Patch will not flash or make noise.

### What if the Zio XT Patch falls off?

Please call 0808 189 3411.

### How do I return the Zio XT Patch?

Place it (along with the *Patient Instructions & Button Press Log*) in the original postage-paid box and put it in the Post.

### INDICATIONS FOR USE

The Zio XT Patch is a prescription-only, single patient use, continuously recording ECG monitor that can be worn up to 14 days. It is indicated for use on patients who may be asymptomatic or who may suffer from transient symptoms such as palpitations, shortness of breath, dizziness, light-headedness, presyncope, syncope, fatigue, or anxiety.

### CONTRAINDICATIONS

- Do not use the Zio XT Patch for patients with symptomatic episodes where instance variations in cardiac performance could result in immediate danger to the patient.
- Do not use the Zio XT Patch in combination with external cardiac defibrillators or high frequency surgical equipment near strong magnetic fields or devices such as MRI.
- Do not use the Zio XT Patch on patients with neuro-stimulator, as it may disrupt the quality of ECG data.
- Do not use the Zio XT Patch on patients who do not have the competency to wear the device for the prescribed monitoring period.

### WARNINGS

- Do not use the Zio XT Patch on patients with known allergic reaction to adhesives or hydrogels or with family history of adhesive skin allergies. Patient may experience skin irritation.
- Do not reuse the Zio XT Patch on multiple patients. It is a single patient use device. Reuse will cause incorrect patient data and patient may experience skin irritation.
- Prior to patch application, examine the skin area of the patient for certain skin conditions (such as dermatitis, eczema, rashes/hives), acute/chronic cutaneous infections or irritation.



If skin irritation such as severe redness, itching or allergic symptoms develop, remove the Zio XT Patch from the patient's chest. Please call 0808 189 3411.

### PRECAUTIONS

- The Zio XT Patch includes temperature and humidity limitations. If exposed, patients may experience degradation of adhesive performance causing the device to slip or fall off during the patient wear duration.
- The Zio XT Patch has a shelf-life date. Use of expired device may cause a degradation of ECG signal quality and/or low battery condition.
- Do not use the Zio XT Patch if package is damaged. Device may not perform as intended.
- Safety and effectiveness of the Zio XT Patch on pediatric patients (younger than 18 years old) has not been established.
- Safety and effectiveness of the Zio XT Patch on patients receiving any form of pacing therapy has not been established. Paced cardiac rhythms may not be accurately detected and may be incorrectly classified.



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