



BioTel Heart 24/7 Support

Call Customer Support at
1-800-517-6330
for help with your MCT 1LP system.

Illustrations included in this manual are general representations only and are not meant to comply with this specific regulatory requirement.

Please refer to the comprehensive Patient a User Guide for complete instructions and important warnings, cautions and for troubleshooting.

SUP558 Rev C CR 16-418

BioTel Heart

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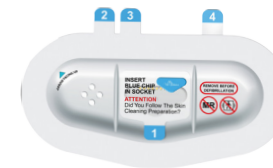
Mobile Cardiac Telemetry 1 Lead Patch (MCT 1LP)

Quick Start Guide

Wear the MCT 1LP (patch) for the duration of prescribed time, even when you do not feel symptoms.



Monitor



Patch



Blue Chip

- A** Patch Application and Service Initiation
- B** Daily Use and Operation
- C** Patch Replacement and Return
- D** Technical Alarms

End of Service Date:

If not provided here, call
Customer Support at
1-800-517-6330 to find out.

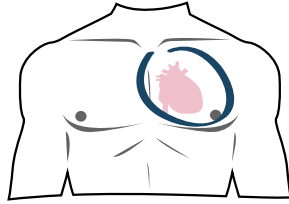


Dial 911 for emergencies

Attention: The MCT 1LP is a diagnostic tool only and is not part of an emergency service.

PART A: Patch Application and Service Initiation

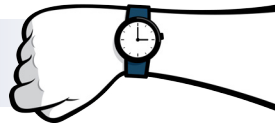
- 1** Determine area for skin preparation
- Patch site for skin preparation should extend from base of your left collarbone to the top of your left nipple and surrounding area.



- 2** Prepare the skin for patch site

1. Trim the hair on patch site to no longer than 0.1" / 2mm.
2. Clean patch site with the alcohol pad supplied in the kit.
3. Rub patch site dry with a gauze pad

Allow skin to dry for 2:00 minutes.

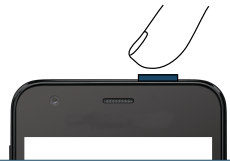


Note:

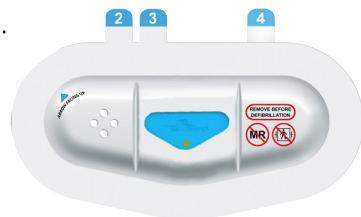
- Patients with known sensitivity to adhesives may consult with their physician to identify other monitoring options.
- Do not apply the patch if skin is open or irritated.

- 3** **STOP** Before proceeding to the next step, Call 1-800-517-6330 for assistance operating the system for the first time: Remain online with the technician until instructed to proceed.

- 4** Turn on Monitor
- Hold down the power button for 3 seconds.

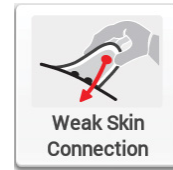


- 5** Pull off liner #1 from patch.
- Place the patch face up on a solid surface.
- Insert the Blue Chip into patch.



A green light on the Blue Chip stays on for 5 seconds to indicate a successful patch connection.

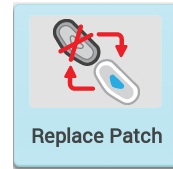
PART D: Technical Alarms



Weak Skin Connection

The patch cannot make a good enough connection to your skin. Please check that the patch is properly applied.

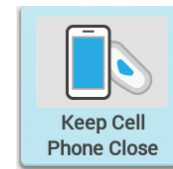
Uncheck the "Remind me every 30 seconds" option to silence the reminder alarm.



Replace Patch

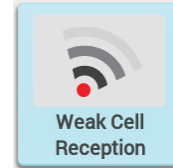
Follow the instructions to replace patch in Part C (pg 5)

Note: Keep the monitor as close as possible to you when replacing the patch.



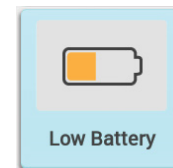
Keep Cell Phone (Monitor) Close

The monitor is unable to communicate with the patch. Please make sure the patch and monitor stay close to each other to avoid communication problems.



Weak Cell Reception

Your monitor is unable to connect to a cellular network. Please move to a location with stable cellular coverage.



Low Battery

Your monitor is running on reserve battery. Please connect the charger cable and plug into an outlet until fully charged.



Low Battery

This message will appear if the monitor battery is nearly empty. You **MUST** charge the monitor to continue the monitoring.

For help with system conflict alerts, call Customer Support at 1-800-517-6330. For a complete list of alerts please refer to the included manual.

PART C: Patch Replacement and Return

When to replace patch

Replace patch on/around the 7th day of service or earlier if prompted by your monitor.

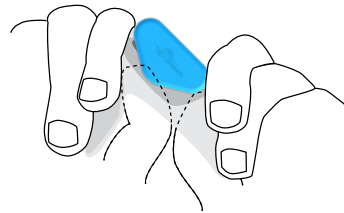
1

Peel the patch from your skin

You may use warm water and a washcloth to soften the adhesive easier for removal.

Remove Blue Chip from used patch

Bend the rubbery edge of patch on one side of the Blue Chip backwards. Use both thumbs to press against Blue Chip from the back of patch.



2

Insert Blue Chip into new patch

Follow instructions in **Step 5 of Part A: Patch Application and Service Initiation.** (pg. 1)

Apply new patch

Follow instructions in **Step 6 of Part A: Patch Application and Service Initiation.** (pg. 2)

How to Return MCT 1LP Kit to BioTel Heart at End of Service

1. Remove Blue Chip from the last worn patch.
2. Return Blue Chip into its dedicated slot within the original box.
3. Return monitor into its dedicated slot within the original box.
4. Place plastic bag with the worn patches and all the remaining kit items into the original box.
5. Place entire box into the FedEx envelope and close the envelope. Drop envelope with the MCT 1LP kit in any FedEx or USPS mailbox.

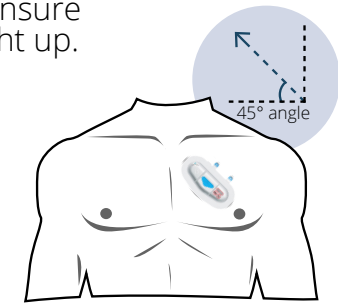
6

Pull off liner #2 from patch

Half of the patch back is now adherent. Ensure that the arrow on patch is pointing straight up.

Place the patch on the left side of your chest

Gently press the adhesive section to patch site at a 45° angle, 1 finger length below left collarbone. Bottom of patch should be above left nipple.



Cover with warm hand for 0:30 seconds.

Pull off liner #3 from patch

Gently press the lower portion of the patch to the skin.

Cover with warm hand for 0:30 seconds.

Pull off liner #4 from patch

Firmly press on adhesive edges of patch.

Cover with warm hand for 2:00 minutes.

7

Initiate the system on the monitor

1. Press the "OK" button on the monitor welcome screen; this starts the initialization process.
2. Setup is complete when a "Congratulations" message appears on the main screen.



PART B: Daily Use and Operation

Continuous Heart Monitoring



The patch continuously records your heart rhythm. Any recorded events are immediately sent to a cardiac technician for review.

DO

- Keep the monitor within 10 feet of the worn patch.
- Charge the monitor every night and during the day whenever you have a chance, regardless of its battery indicator.
- Carry the monitor charger with you when leaving your house for an extended amount of time.

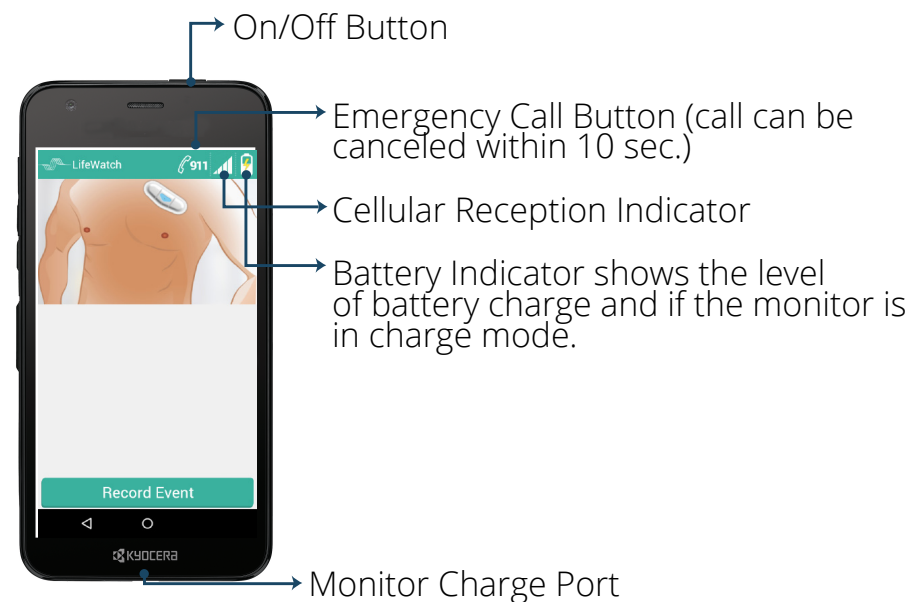
DO NOT

- Bathe or swim with any patch components. Patch CAN be worn in the shower.
- Participate in strenuous or extensive physical activity.
- Remove additional patches from packaging if not ready to be worn.

WARNING

- Patch CANNOT be worn during defibrillation.
- Patch CANNOT be worn during an MRI.
- Patch CANNOT be used at unpressurized altitudes above 10,500 feet (most commercial aircraft are pressurized and do not pose a risk).

Monitor Layout



How to record a manual event

You can also record a manual event if you experience dizziness, chest pain, or other symptom(s).

Initiate and confirm recording

1. Press "Record Event" on the bottom of the Main Screen.
2. Confirm the event by pressing "Yes, send".
3. Choose the symptom(s) you felt, or select "No Symptoms".
4. Press "Next" at the bottom of the screen.
5. Choose the activity you were engaged in.
6. Press "OK" to send the manual event.

