

Barcode:

Actiheart number: _____

Actiheart Instruction Sheet

Please try and wear the Actiheart from when you leave the study centre for the following 6 days and nights. During this time, please carry on with all your normal activities as usual.

Description:

The **Actiheart** sensor is a combined heart rate and movement sensor. From the main (circular) piece, a wire runs to a smaller (rectangular) piece. These two pieces clip on to ECG electrodes. The Actiheart sensor and the electrodes are waterproof. They can be worn all the time, including during showering, bathing and swimming.

Placement:

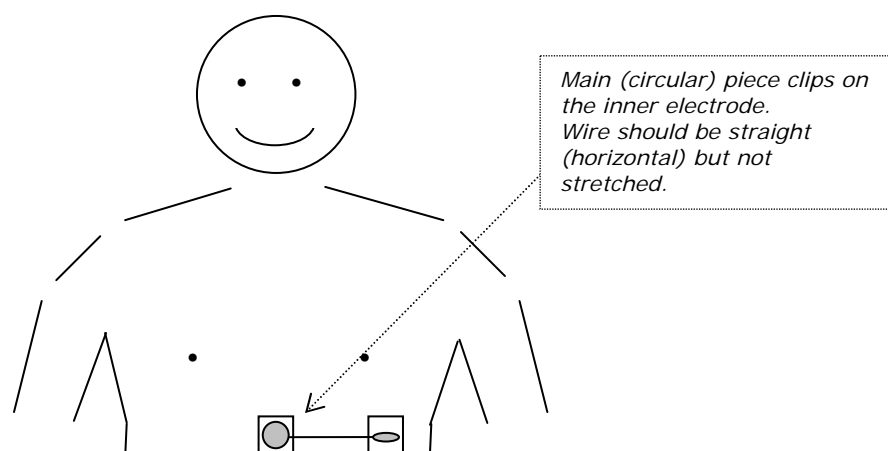
The sensor is held to the skin by two sticky electrodes. These will be placed on the left side of your chest during your visit.

*****Please change the electrodes at least every 2 days to ensure that the Actiheart sticks well to your skin*****

In addition, should the electrodes for any reason become loose or detached, please replace them with new electrodes. Put them in the same place, as shown in the diagram below. We suggest that you change the electrodes after you bathe, shower or swim and start with fresh, dry electrodes afterwards.

Before applying new electrodes, please be sure to prepare your skin in the following manner: clean the skin and dry thoroughly with a clean towel or paper towel. Please do not apply lotions where the Actiheart will be attached.

To attach the two ends of the Actiheart to the electrodes, you will need to press in the little metal tabs on the edge of each end of the Actiheart sensor and place the Actiheart on the studs on each electrode. To remove the monitor, press the small tabs to release them from the electrode.



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If the monitor becomes detached for any reason, please replace it as soon as you can and note down this on the diary sheet.

ADDITION *Plus*: Follow-Up Study

ISRCTN99175498



In some instances, individuals may experience minor skin irritation or develop a localised rash from wearing the electrodes. Leaving the monitor and electrodes off for one night, or alternatively re-positioning the monitor slightly, should alleviate this. However, if the irritation persists, please remove the monitor and return it to us. If the irritation does not resolve on its own, a small amount of proprietary HC45 cream (E45 moisturiser plus 1% hydrocortisone cream) may be applied to the affected area. This can be obtained without prescription from a pharmacist.

Return Instructions: When you have completed your measurement, please return the Actiheart (in the case provided) and the completed diary page to us. Either deliver it by hand to the testing centre or use the prepaid Special Delivery envelope provided. This envelope must be taken to a post office for return. Please keep the receipt of postage for at least a month. **Please return the monitor within 5 days of completion of measurement to ensure that the data is not lost.** Thank you.

If you have any problems or any queries, please contact 01353 652082 (Ely Testing Site) or 01223 769222 (Cambridge Testing Site).

In the event of any problem or damage to the monitors, please return them to us regardless. Your data may be able to be retrieved and the monitors can usually be repaired.

Barcode:

Many thanks for your help

Diary for wearing the ActiHeart monitor:

	day	day	day	day	day	day	Finished Measurement TAKE OFF <i>Please take monitor off at end of day 6:</i>
Time taken off							Time monitor finally removed: Day:
Time put back on							Time:
Other issues:							

Extra information: