



Cardea SOLO™ ECG 7-Day Monitor

Patient Diary

Patient Name:

Start Date & Time:

Awake:

Sleep:

Sensor ID:

Patient ID:

Clinician Contact:

While wearing the SOLO Sensor keep an accurate diary of your activities when you feel symptoms.

Give your diary to the clinician when your SOLO Sensor is removed.

DATE:	TIME:		
SYMPTOMS:			
ACTIVITY:			
DURATION (MIN):	BUTTON PRESSED:	Yes	No

DATE:	TIME:		
SYMPTOMS:			
ACTIVITY:			
DURATION (MIN):	BUTTON PRESSED:	Yes	No

DATE:	TIME:		
SYMPTOMS:			
ACTIVITY:			
DURATION (MIN):	BUTTON PRESSED:	Yes	No

DATE:	TIME:		
SYMPTOMS:			
ACTIVITY:			
DURATION (MIN):	BUTTON PRESSED:	Yes	No

Common Symptoms:

Shortness of breath
Chest Pain
Faintness
Palpitations

Light Headedness
Weakness
Dizziness

Remember:

- If you feel symptoms such as dizziness, anxiety, fatigue, press the Sensor button to 'mark' the recording and then make a notation in your diary.
- The Sensor is water resistant but not water proof.
- No swimming or immersion bathing.
- Showering while wearing the SOLO Sensor is permitted. However, keep the total shower time brief and avoid a continuous, direct water spray over the Sensor.
- Sensor is magnetic resonance (MR) environment unsafe. Remove Sensor prior to MR procedure.

 MR Unsafe

Removal:

If you have been instructed to remove your Sensor follow these steps.

1. Gently hold the skin down adjacent to the Sensor.
2. Start by lifting one edge and slowly peel the Sensor off.
3. The supplied Adhesive Remover Wipe, petroleum jelly or baby oil applied between the skin and the Sensor adhesive may be used to ease removal.
4. Place the Sensor onto any appropriately sized piece of paper.
5. Insert the Sensor into the zippered pouch.

Contact your health care provider.

DATE:	TIME:
SYMPTOMS:	
ACTIVITY:	
DURATION (MIN):	BUTTON PRESSED: Yes No

DATE:	TIME:
SYMPTOMS:	
ACTIVITY:	
DURATION (MIN):	BUTTON PRESSED: Yes No

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