

START GUIDE

ZIO[®]XT

1 PLAN & POSITION

Enroll the patient.

- Online: **www.zioreports.com**
- Phone: **1-888-693-2401**

Write in Name, Physician, Start Date & Time on cover of *Patient Instructions & Button Press Log*.

Determine position:

- Patient should stand with arms relaxed at side.
- 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:

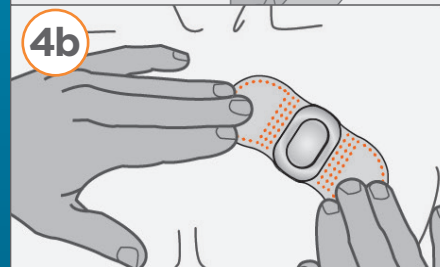
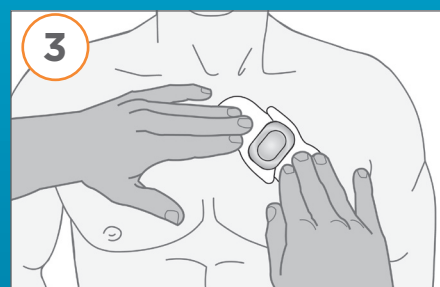
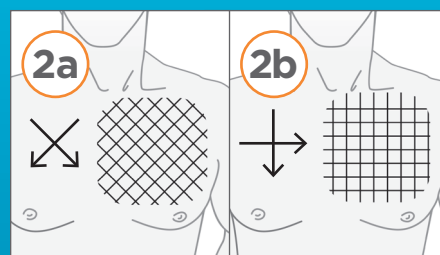
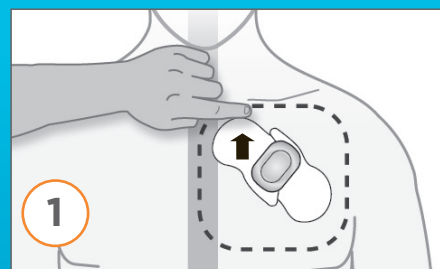
- **SHAVE** area if hair is present.
- **ABRADE** skin, applying pressure for 40 broad strokes—10 times in the direction of each arrow in 2a & 2b (important for adhesion and ECG signal quality).
- **CLEAN** skin thoroughly with both alcohol pads. Let dry for 1 minute.

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 your 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. The top section is titled "PATIENT INSTRUCTIONS & BUTTON PRESS LOG" and includes fields for NAME, PHYSICIAN, START DATE, and REMOVAL (Physician or Patient). Below this is a section titled "BUTTON PRESS LOG" with a date field (m/m/d/c/y), time field (h:h:m:AM/PM), and a list of symptoms to check off, including anxious, arm or neck pain/tingling, chest pain or pressure, dizziness, fainted, light headed, pounding, fluttering or racing, short of breath, skipped beat(s), irregular beats, and other (describe). There are also sections for duration (1 min or less, 10 mins or less, 1 hour or less, More than 1 hour) and a field to describe activity. The form number 12 is 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 keep showers short 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 can cause the ZIO® XT Patch to slide, become loose, fall off, and shorten wear time.

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?

Call Customer Support. We are available 24 hours a day, 7 days a week.

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 drop it off at the Post Office, in a USPS (blue) mailbox or give it to your mail carrier.

WARNINGS

Do not use the ZIO® XT Patch on patients with known allergic reactions to adhesives or hydrogels or have a family history of adhesive skin allergies.

Do not use the ZIO® XT Patch in combination with external cardiac defibrillators or high frequency surgical equipment.

Do not use the ZIO® XT Patch near strong magnetic fields or devices such as MRI.

Do not use the ZIO® XT Patch on patients with a 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.

CAUTION: Federal (USA) law restricts the sale of this device to or on the order of a physician.

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FOR SUPPORT, CALL **1.888.693.2401**

iRhythm Technologies, Inc. | irhythmtech.com | [@iRhythmTech](https://twitter.com/iRhythmTech)