PATIENT QUICK START GUIDE

Note: Please review this guide completely to ensure you understand all the steps and the order in which they must be performed. If you do not understand any steps, or may need assistance in applying, ask a friend or family member for help.

The Carnation Ambulatory Monitor™ is a continuously recording P-wave centric™ ambulatory ECG patch monitor that records for up to the prescribed wear time.

Intended Use Population
The Carnation Ambulatory Monitor (CAM) is intended to be used by males and females not weighing less than 10 kg (22 lbs), who are suspected of having cardiac arrhythmias.

Indications for Use
The Carnation Ambulatory Monitor (CAM) is designed to provide extended duration cardiac monitoring for people who are suspected of having cardiac arrhythmias.

1 WATCH VIDEO

- Important: Prior to applying your Carnation Ambulatory Monitor (CAM) patch, please watch application video by visiting our website or scanning the QR code:
  - www.bardydx.com/patients

2 OPEN BOX

- Lay out contents of box on a hard, flat surface.
  - If any item is missing from the box, contact the phone number listed above. Note that bar code stickers are included in the box but are not needed for at-home use.

3 PREPARE SKIN

- CAUTION: Proper skin prep required to achieve full length of prescribed monitoring duration.
  - If you have any chest hair, use a razor to shave all hair in the center of your chest.
  - Using all 3 prep pads, scrub the skin above your chest bone in the area outlined in the red box until pads appear clean after use. Your skin should be slightly reddened.
  - Allow skin to dry at least 2 minutes before applying your monitor.

4 PREPARE CAM PATCH

- Carefully remove CAM Patch from the white pouch and Recorder from the silver pouch without touching the gold colored metal pins. (Keep the box and white pouch to return the CAM Patch after you are finished.)
  - On a hard, flat surface, firmly snap Recorder into CAM Patch narrow end first and arrow pointing down. The silver button should be facing up.

5 RECORD DATE & TIME

- To confirm activation, look for a green light that will blink for 10 seconds (Note: Pay attention as this will only happen once).
  - Note date and time of activation.
  - Press silver button down once firmly with your finger for 5 seconds.

- Important: Record the Date and Time of activation in your Patient Diary.

- Important: Record the Date and Time of activation on the sticker located on the outside of the box.

Supplies for application
- CAM Patch (packaged inside white pouch)
- Recorder (packaged inside silver pouch)
- Patient Diary
- (3) Alcohol Prep Pads
- (1) Adhesive Sticker
- (1) Clear Sticker
- (1) Removal Wipe

Supplies for later
- Supplies for later
- Patient Diary

Important: Record the Date and Time of activation in your Patient Diary.

Need help?
Visit our Frequently Asked Questions on our website or call our patient support hotline: 1-844-777-9283

Customer Service: (844) 77P-WAVE

Questions on our website or call our patient support hotline: 1-844-777-9283
ATTACH CAM PATCH

- Straighten your posture for application.
- Locate the bottom of your chest bone in between your rib cage.
  **Note:** Recorder should be connected to CAM Patch PRIOR to peeling off plastic backing.
- Hold the top tab of the CAM Patch, and slowly and carefully peel off the plastic backing.
- Place the bottom of the CAM Patch on the bottom of your chest bone, with the Recorder painted upward.
- Rub along the CAM Patch edges for 2 minutes to confirm it has been firmly adhered to your chest.
- Place two fingers under the silver button and gently press it against the chest for 15 seconds.

CALL 1-844-777-9283

- Please call us at 1-844-777-9283 to confirm receipt of your CAM Patch. Representatives are available to help if you have any questions about applying your CAM Patch.

RECORD SYMPTOMS

- In addition to the start date and time, fill in your name, prescribing clinician, and doctor’s office on your diary.
- Gently press the silver button once if you feel symptoms, and document symptoms with both date and time in diary.

REVIEW INSTRUCTIONS

- Refrain from showering or engaging in heavy activity for at least 24 hours after application.
- When showering, do not stand with the water stream directly on the CAM Patch.
- Do not immerse in water such as a bathtub or swimming pool while wearing the monitor.
- Avoid sponges, steam rooms and extremely humid environments.
- If the CAM Patch loosens, press and rub the adhesive portions of the CAM Patch back in place. First-aid tape and band-aids may be used to secure the monitor.
- Avoid wearing necklaces that may hit the Recorder.
- If possible, refrain from wearing underwire bras. Sports bras and tank tops are recommended during wear.

REMOVE & RETURN

- Remove by pulling the tab at the top of the CAM Patch and peeling downward. Stick entire CAM Patch on footprint of white pouch. Use the provided Adhesive Remover Wipe Pad to wipe away any adhesive remaining on your skin.

RETURN

- Place the CAM and Patient Diary back in box. Seal box with the Mailing Sticker and return as directed.