

## 1. Plan & position

Enroll the patient.  
 Online: [www.ZioSuite.com](http://www.ZioSuite.com)  
 Phone: 1.888.693.2401

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

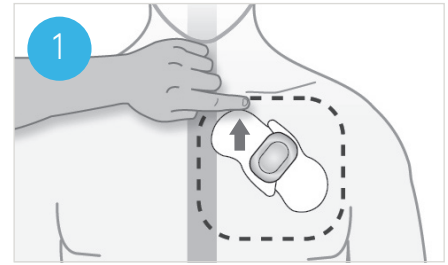
**Determine position:**  
 Patient should stand with arms relaxed at side.

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

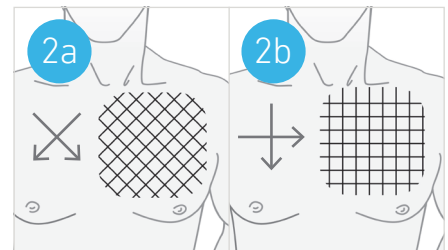
Prepare a large area:

Shave area.

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 all alcohol pads. Let dry for 1 minute.

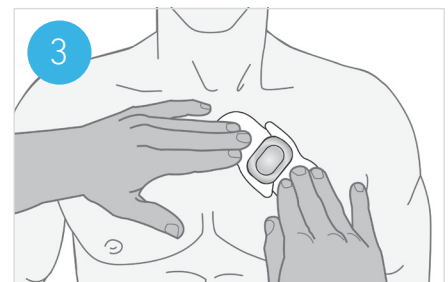


## 3. Apply patch

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).



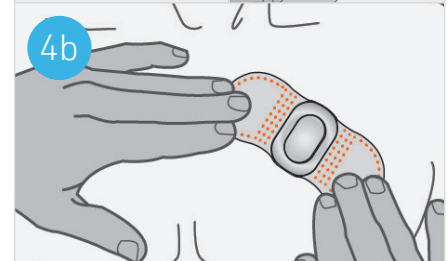
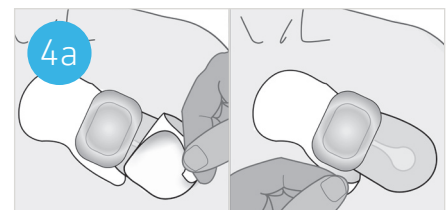
## 4. Finish & activate

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.



## 5. Download & register

Ask your patients to download the MyZio™ symptom tracking app.



## 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 two pages of a patient instruction and log form. The left page is titled "Zio XT PATIENT INSTRUCTIONS & BUTTON PRESS LOG" and contains fields for NAME, PHYSICIAN, START DATE, TIME, and DATE REMOVED. It also includes checkboxes for removal instructions and a "SKIN STICKER HERE" label. The right page is titled "BUTTON PRESS LOG" and contains sections for recording when the button was pressed, symptoms felt (such as anxious, arm or neck pain, chest pain, dizziness, faint, light headed, pounding, fluttering or racing, short of breath, skipped beats, irregular beats, or other), the duration of symptoms, and a description of the activity while the symptoms occurred.

## 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 please avoid showering during  
the first 24 hours of wearing the  
Zio XT Patch. After that, take brief showers  
with your back facing the shower head,  
and keep soaps and lotions away from  
the Zio XT Patch.

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 may cause the patch to  
slide, become loose, fall off, or shorten  
wear time. Especially in the first 24 hours,  
avoid such activities so that the patch  
can fully adhere to your skin.

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 Care. 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.

For Customer Care, Call 1.888.693.2401