

	Zio Patch FAQ	Responses
1.	What should I do if the Zio® XT Monitor falls off?	<i>Please contact us at (insert field center phone number).</i>
2.	What if I don't have symptoms?	<i>That's okay. The Zio® XT Monitor records every heartbeat.</i>
3.	Can I exercise while wearing the Zio® XT Monitor?	<i>Yes, but excessive sweating may shorten wear time.</i>
4.	Can I shower with the Zio® XT Monitor on?	<i>Yes, but showers should be brief. Keep soaps and lotions away from the monitor. When towel-drying, hold the Zio® XT Monitor down with one hand. Press the Zio® XT Monitor against your skin to secure it.</i>
5.	Can I take a bath?	<i>Yes, but keep the Zio® XT Monitor above water.</i>
6.	Can I go swimming or in a hot tub?	<i>No. The Zio® XT Monitor should not be submerged in water.</i>
7.	Is it normal for the Zio® XT Monitor to move slightly from its original position?	<i>Yes. The Zio® XT Monitor may move slightly from its original position. A blue gel may become visible under the wings of the patch.</i>
8.	Is it normal to experience skin irritation or itchiness in the area of the Zio® XT Monitor?	<i>Some people have reported minor skin irritation and/or itching while wearing the Zio® XT Monitor. If the irritation or itching is severe or hives or blisters develop, please contact us at (insert field center phone number).</i>
9.	Is it normal for the Zio® XT Monitor wings to become cloudy?	<i>Yes, the wings of the Zio® XT Monitor may become cloudy after a few days of wear.</i>
10.	What activities should I avoid?	<i>Activities that cause excessive sweating can cause the monitor to slide, become loose, fall off, and shorten wear time.</i>
11.	What if the Zio® XT Monitor flashes orange while I am wearing it?	<i>If you see the Zio® XT Monitor flashing orange, this does not mean there is a problem with your heart. It just means that the Zio® XT Monitor is not well attached. Press evenly on the Zio® XT Monitor for 3 to 5 minutes. If flashing persists or reoccurs, contact us at (insert field center phone number).</i>
12.	Can I travel with the monitor on?	<i>Yes. TSA agents should be notified that you are wearing a Zio® XT Monitor. You can show the statement on page 8 of the instructions/button press log booklet. A pat-down screen should be requested since the X-rays may interfere with monitor function.</i>