

# When and How to Return the Zio® XT Heart Monitoring Sensor

You had a **sensor** placed on your body with your permission during your recent study visit.

A **Zio® XT** heart monitoring sensor was placed on your chest.



Your sensor was placed on \_\_\_\_\_(mm/dd/yyyy).

ARIC staff will contact you on \_\_\_\_\_(date) to see if you are wearing your monitor and if you have any questions.

ARIC staff will contact you on \_\_\_\_\_(date) to remind you to remove and return the Zio® XT Monitor on \_\_\_\_\_(date).

**Please do not remove the sensor until you have worn it for 14 days.**

After 14 days, remove the sensor and use the mailer kit to return to iRhythm Technologies as described below.

## To remove the Zio® XT sensor

1. Find your Subject Instructions booklet in the box provided.

To remove your Zio,  
first find your  
**Symptom Log**.



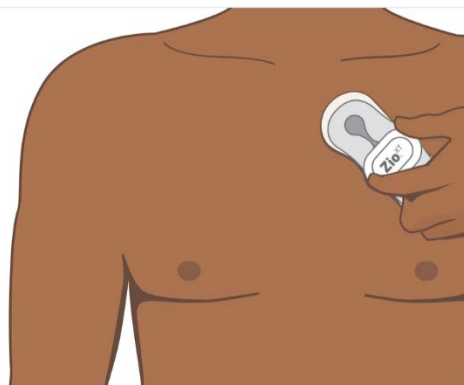
2. Detach the Adhesive Remover from the back page.

Take the **adhesive remover** off the back page.



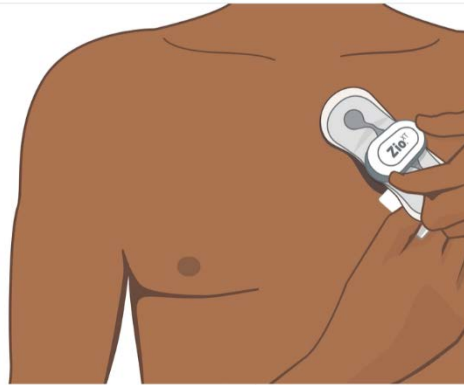
3. Gently lift up device from the center.

Gently **lift your Zio up** from the center.



4. Using the Adhesive Remover, peel off device from the **center out**, 1 side at a time.

Using the remover, **peel from the center out**, one side at a time.



5. **Do not attempt** to remove the device without the Adhesive Remover.

**Do not attempt** to remove your Zio without the Adhesive Remover.



6. Wash your skin with mild soap, rinse with water, and pat dry.
7. Stick your device to the last page of your Subject Instructions booklet.

**Stick** your Zio to the last page of your **Symptom Log**.



## To return the Zio® XT sensor

1. Take the **blue sticker** off the Subject Instructions booklet.

Take the **blue sticker** off. You'll use it to seal your return box.



2. Insert the Log **with the device attached** into the box provided.



3. Close the box and seal with the **blue sticker**.
4. Drop the closed, sealed box into the closest mailbox for return to iRhythm Technologies.

## To replace the Zio® XT Monitor

If the Zio® XT Monitor comes loose or falls off before the Day 3 follow-up, contact the field center so that ARIC staff can replace the patch as soon possible, or help you to replace the patch yourself.

# More information about the Sensor you are wearing

## What You Need to Know

For this study, a [Zio® XT](#) heart monitoring sensor has been placed on your chest. The sensor continually measures and stores information about your heart's activity for up to 14 days.

After you have worn the sensor for 14 days, we need you to remove it and place it in the pre-paid mailer to be returned to iRhythm Technologies.

Once the device is returned, we will process the data and mail you a summary. The summary will describe how your heart rate trended throughout the day and night during the time you wore the [Zio® XT](#) monitor and if any abnormal heartbeats were detected.

## What You Need to Do

- Wear the sensor for up to 14 days.
- There is no need for you to interact with the sensor. Just go about your daily routine.

## Showering, Bathing, and Swimming

- Your sensor is water resistant, but not waterproof. It can be worn while exercising or showering, **but avoid spraying water directly onto the sensor.** We recommend that you face away from the shower head.
- **Do not swim or take baths while wearing this sensor, as immersion may affect the adhesive or device operation.**

## Getting dressed

- Be careful not to catch the sensor on clothing while getting dressed.

## Security checkpoints

- Notify security at airport checkpoints. TSA agents should be notified that you are wearing a heart monitoring device (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 device function.

## **Medical procedures**

- If you have an X-ray, MRI, CT scan, or diathermy (heat or ultrasound wave) treatment, you must remove your sensor prior to the procedure.
- If you need to have one of these procedures while you are wearing the device, please tell your healthcare provider.

## **Removing the sensor**

- You will be contacted by a ARIC staff member after 10 days to remind you to remove the sensor on Day 14. The staff member will provide instructions for removal if you need them.
- Please do not remove the sensor until you have worn it for 14 days.

Note: Any remaining adhesive residue on the skin can be removed with the wipe that was provided, warm soapy water, baby oil, or isopropyl alcohol.

**If you have questions, please contact the ARIC Clinic:**

**[PHONE AND/OR EMAIL]**

## **Contact us if:**

- The sensor becomes loose or is removed
- You have irritation or discomfort at sensor site
- You have any questions about the sensor