



MYCAM CARDIAC EVENT RECORDER

INSTRUCTION FOR USE



Important Information: This device is not an emergency life-saving equipment. If you feel unwell, please use your prescribed medication if applicable, or call 995 in Singapore for an ambulance immediately or whenever deemed necessary. The sales and prescription of this device is only by the order of a qualified medical practitioner.

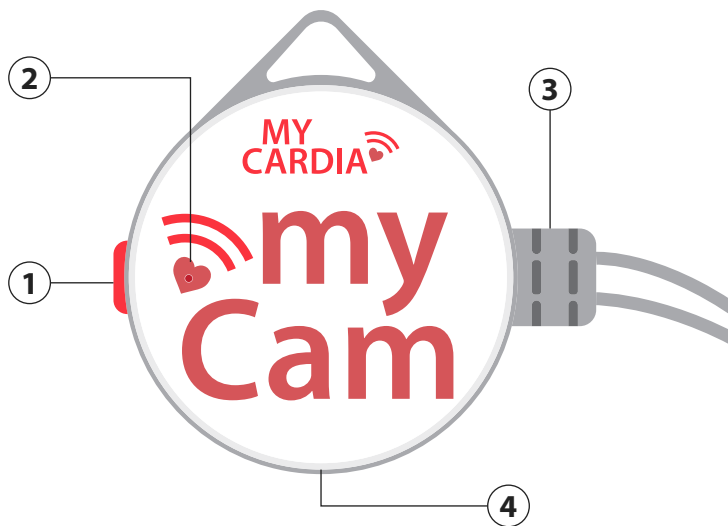
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Parts of the Device



1. Recording Button

3. Patient Cable

2. Light Emitting

4. Speaker

Your device may come in blue colour or red colour.

Indications for Use

MyCam Cardiac Event Recorder is a patient activated ECG recorder designed for ease of use and utmost patient compliance of the doctor's order. The device will capture and automatically record arrhythmia events such as bradycardia, pause and atrial fibrillation.

MyCam Cardiac Event Recorder is indicated for use by patients as directed by a physician, who experience transient symptoms that may suggest cardiac arrhythmia, conduction abnormalities or other rhythm disturbances that may result in shortness of breath, presyncope or palpitations.

Indications for Use

Contraindications for Use:

MyCam Cardiac Event Recorder is contraindicated for use in combination with external cardiac defibrillator or any other high frequency surgical equipment. The patient leads must be disconnected prior to performing any procedure utilizing this equipment.

Use Approved Electrodes

We recommend **Ambu (Medicotest) Blue Sensor Electrodes type VL-00-S and L-00-S**. Your medical doctors may assign generic button electrodes in place. Before use, prepare skin for electrodes by cleansing skin and allowing the area to dry. Shave if necessary.

Side Effects

There are no known side effects to the use of the medical device.

Indicators and Symbols

LED's

"Leads off" detected



Blinking (Red)

"Lead on" detected

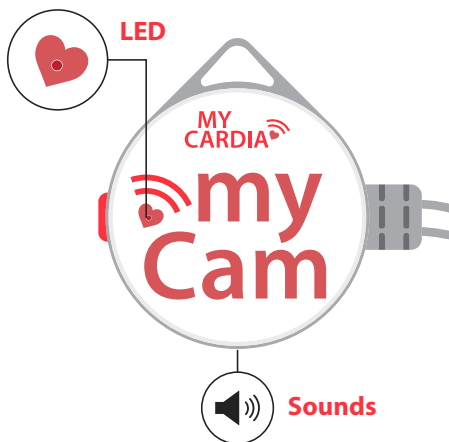


Blinking (Green)

Memory full

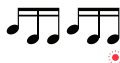


On (Red)



Sounds

"Leads off" detected Triple beeps



"Lead on" detected Melody



Recording start Short beep



Recording finished Two short beeps



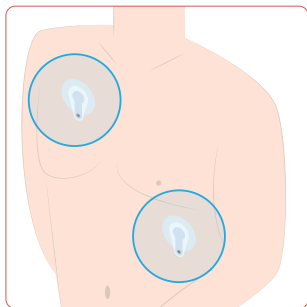
Memory full Long beep
10 seconds



Making a Recording

Electrode Placement

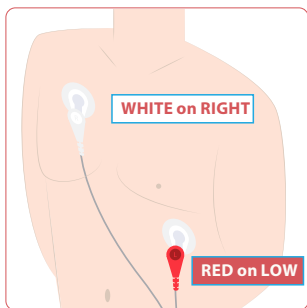
Place the electrode stickers as indicated.



Connecting the Leads

Join the snap connectors to the electrodes. Be sure to follow the colour code as indicated right.

When good contact has been made, the device will play a melody.



**WHITE on the RIGHT,
RED on LOW**

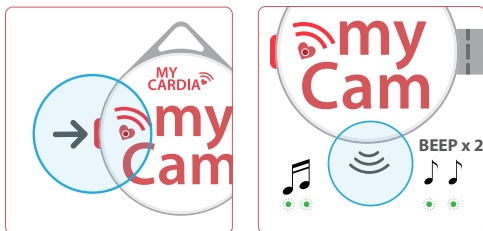
"Hello"



Making a Recording

Record

To record, press the button and you will hear a single short beep. The device will record an ECG for around a minute and then stop automatically. This stop is indicated by two short beeps.



During recording, the device will be silent throughout.

MyCam Cardiac Event Recorder stores up to **2 manually activated recordings** in the memory. The device can also automatically detect and store up to **2 additional events with specified rhythm abnormalities**.

Once the memory is full, no further recordings will be made until the recorded episodes are transmitted. If you try to record during this time, **the device will sound a long beep warning sound**.

Wear MyCam Cardiac Event Recorder at all times as you cannot and will not be able to predict when your symptoms will occur next. Please pay attention to your doctor for future electrodes replacement on your own.

Transmitting



Register **BEFORE** First Use

Before sending any recordings, you will need to ensure that you are registered and your account is activated accordingly.

Please refer to your **Patient Card**.

Note: The device must be **DISCONNECTED** from the electrodes before transmitting.

Transmitting

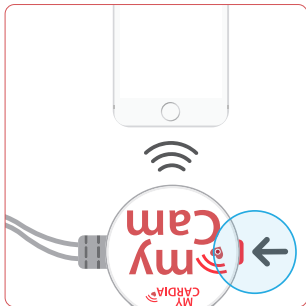
Telephone Transmission

Dial the transmission number 94311311 and follow the instructions and state the following.

- Patient name
- Doctor
- Serial number
- Symptoms

Place the mouthpiece of the phone to the device.
Hold down the **“Send button”** until transmission sounds commence.

When all sounds stopped, hang up the phone.

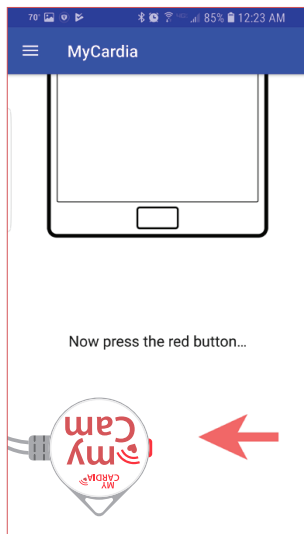


Transmitting

Transmission Using Mobile Transmission App

Open app and log in with your registered credentials.

Place the mouthpiece of the phone to the device.
Hold down the “**Send button**” until transmission sounds commence. When all sounds stopped, confirm and close the transmission app.



For the Doctor

Initial Consultation

Demonstrate the three steps of using the recorder

- Connecting
- Recording
- Transmitting

Make and transmit a baseline recording during consultation.

If you cannot complete the registration online or face difficulties in doing so, please contact us via email **support@avocadomedical.com.sg** or use the patient basic information form by scanning the QR code.



THIS IS TO BE USED BY CLINICIANS ONLY.

For the Doctor

Providing Spare Electrodes

Patients should be provided with **6 to 10 spare electrode stickers**. Usually, each set lasts for about 3 days.

Electrodes

We recommend **Ambu (Medicotest) Blue Sensor Electrodes type VL-00-S and L-00-S**. Your medical doctors may assign generic button electrodes in place.

Replacing the Batteries

The battery in this device is not replaceable. **Upon completion of the monitoring period, please return the device to the device provider, Avocado Medical Pte Ltd.**

For the Patient

Telephone Transmission

Dial the transmission number and follow the instructions and state the following.

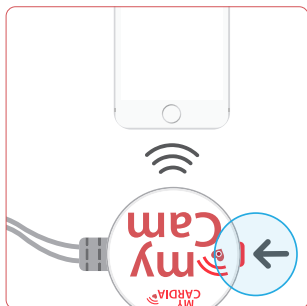
- Patient name
- Doctor
- Serial number
- Symptoms

Transmission Using Mobile Transmission App

Open app and log in with your registered credentials.

Place the mouthpiece of the phone to the device.
Hold down the **"Send button"** until transmission sounds commence.

When all sounds stopped, confirm and close the transmission app



For the Patient

Transmitting

MyCam Cardiac Event Recorder **MUST BE DISCONNECTED** from the electrodes before transmitting.

Electrode Stickers Change Every 3 Days

Change the electrode stickers every 2-3 days to ensure that your recordings are clear and accurate.

Showering

MyCam Cardiac Event Recorder is **NOT waterproof**. Before taking a shower, disconnect the coloured snap connectors from the electrode stickers and put aside the device.

There is no need to remove the stickers.

After shower, gently pat the electrode stickers dry with a towel and then reconnect the coloured snap connectors.

Specifications

Features

- Up to 4 stored ECG recordings (2 manual and up to 2 auto-triggered recordings)
- Pre/post event 40 seconds pre and 40 seconds post recording
- Transtelephonic transmission of stored ECG
- Aural indication of electrode contact quality
- Long battery life - 2,500 plus transmissions

Electrical Characteristics

Frequency Response	0.5 to 40 Hz
CMRR	70 dB
Signal Dynamic Range	± 2.5 mV
DC Offset Range	± 300 mV
Impedance	> 10 Mohm
Sampling Rate	200 Hz
Resolution (Calculated)	15.6 μ V

Specifications

Memory Characteristics

Recording Period	80 - 320 seconds
Recording Format	Pre/Post activation 0/40 seconds
ECG Channels	Single

Transmission Characteristics

ECG FM Audio	FM ECG
Centre Frequency	2200 Hz FM
Deviation	100 Hz/mV

Battery

Power Supply	3 Volts
Battery Type	CR2032 Lithium Coin Cell
Battery Life	1,000 transmissions
Shelf Life in Device	Approx. 1.5 years

Specifications



Physical Characteristics

Dimensions	40 mm diameter
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Weight (Including Battery)	approx. 15 g
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Care & Maintenance

MyCam Cardiac Event Recorder should be hand cleaned and disinfected using the following procedure. It should be cleaned weekly during the monitoring period or as necessary.

WARNING - keep the device and the patient cable clean, especially the components that touch the body.

CAUTION - DO NOT

use acetone, ether, freon, petroleum derivatives, or other solvents.

CAUTION - DO NOT

let soap or water come into contact with the patient connector snaps.

CAUTION - DO NOT

submers, autoclave, or steam clean the device or the patient cabling.

Care & Maintenance

Cleaning the Patient Cable

- **Disconnect MyCam Cardiac Event Recorder** from the electrode stickers.
- Ensure that the patient cable is clean of any debris using a mild detergent diluted in water with a damp cloth.
- After cleaning, disinfect the patient cable with alcohol or a household disinfectant using a soft cloth.
- Dry with a clean, soft cloth or paper towel. Ensure that the patient connector snaps are completely dried and clean.
- Reconnect the patient cable to the electrode stickers as instructed

Cleaning the Case

- **Disconnect MyCam Cardiac Event Recorder** from the electrode stickers.
- Use a mild detergent diluted in water with a damp cloth to carefully wipe the exterior of the device.
- Dry with a clean, soft cloth or paper towel.
- Before reconnecting the patient cable to the electrode stickers, ensure that the patient cable has been cleaned in accordance with the procedure outlined.

Care & Maintenance

Discarding the MyCam Cardiac Event Recorder

ATTENTION: DO NOT discard MyCam Cardiac Event Recorder as unsorted waste.

In the event that the medical device must be discarded due to damage or contamination, please follow the proper and lawful disposal rules and procedures. For more information on recycling, please refer to your provider or the prevailing recycling rules.

Upon completion of the monitoring period, please return MyCam Cardiac Event Recorder to your provider.

Contact Details

For more information regarding the use, care, or servicing of your MyCam Cardiac Event Recorder, please contact:

Avocado Medical Pte Ltd

Office Number: 9431 1311

support@avocadomedical.com.sg

Sole Distributor (Singapore)

MY CARDIA

Singapore

