



CHU Saint-Pierre
UMC Sint-Pieter

WEARING A HEART RATE MONITOR (ROOTI)



Instructions for using the heart rate monitor that has been placed on you for several days.



Rooti is a small portable Holter monitor that records your heart rate for up to 7 days. If you have any allergies, please inform the nurse immediately.

PRECAUTIONS



✓ **DAILY ACTIVITIES AND SPORTS**



✓ **SHOWER**

✗ **BATH**

✗ **SWIMMING POOL**



✗ **ELECTRIC BLANKET**



⚠ **IF THE STICKERS COME OFF, MAKE SURE YOU REPLACE THEM ONE BY ONE IN THE SAME PLACE**

⚠ **If the device displays a flashing red light, contact the nurse on 02/535 33 65. This red light indicates that the sticker may not be making proper contact or that the Rooti's battery is almost empty.**

AFTER REGISTRATION

1

The nurse will tell you when you can remove the stickers. You can then remove and discard the two round stickers.

2

Return the Rooti as soon as possible, following the nurse's instructions:

CHU SAINT-PIERRE
SITE PORTE DE HAL
ROUTE 305
105 Rue aux Laines
1000 Bruxelles

3

Results will be analysed and then sent to your doctor.



**CHU Saint-Pierre
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Site Porte de Hal

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CONTACT

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