



Cortrium

# C3<sup>+</sup> | Holter Monitor

Instructions for use  
and technical documentation



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Cortrium C3+ Holter Monitor Instruction for use and technical documentation

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# 1. Introduction

This is the manual for the C3+ Holter Monitor (referred to as the “C3+” from here on). The C3+ is an ambulatory ECG recorder, which can record three channels of ECG for up to 7 days continuously. The C3+ is attached directly to a patient’s torso using three third-party ECG electrodes. This manual contains all the information required to safely use the C3+.

## 1.1 Intended use

The C3+ is an ambulatory ECG recorder, intended for recording three-channel ECG for up to 7 days. The C3+ is intended for use in both healthcare and home environments. During use, the C3+ continuously records and stores ECG signals and motion data directly in the internal memory. Additionally, the C3+ has a built in Bluetooth module for streaming live data to a mobile app in order for the healthcare personnel to visually verify signal quality of the ECG.

Data recorded by the device can be analyzed by other processing software to provide reports. This software can be either third party or designed, maintained and/or owned by Cortrium. The C3+ hardware has no capacity for automatic ECG analysis and consequently no capacity for automatically generating alerts to potentially critical cardiac conditions.

Cortrium C3+ is intended for adult and pediatric patients (above 10kg) who require ECG monitoring. The C3+ can be used on patients wearing an implanted pacemaker, but the C3+ does not detect pacemaker pulses (see Warnings section). Final interpretation and diagnosis is the responsibility of a trained physician.

## 1.2 Intended users

The C3+ is not a consumer product. It is intended solely to be used by qualified health care personnel and thoroughly instructed patients.

## 1.3 Additional software

The C3+ is intended to be used with the Cortrium Data Transfer Tool software tool found at [www.cortrium.com](http://www.cortrium.com)

Cortrium Data Transfer Tool is required to prepare the C3+ for use on patients and for extracting recordings after use. Instructions for Cortrium Data Transfer Tool can be found at [www.cortrium.com](http://www.cortrium.com)

Further, the C3+ is compatible with the CE marked 3rd party software CUBE by Cardioline, and CE marked software Cardiomatics. Additionally it is possible to export data as EDF using Cortrium Data Transfer Tool.

## 2. Safety information

The following is important information on how to use the C3+ properly and safely. Carefully read this section before operating the C3+.

### 2.1 Notes on proper C3+ use

- The C3+ and the Cortrium Data Transfer Tool software contain no capacity for analysing the contents of ECG recordings or providing diagnoses.
- The C3+ light patterns only reflect battery status and operation mode. The lights do not reflect cardiac health in any way and should never be interpreted as an indication of patient health.
- The C3+ is built to be operable by a healthcare professional. The patient should always be walked through all required instructions before wearing the device.
- The data recorded by the C3+ can only be used to diagnose heart-related diseases such as atrial fibrillation and arrhythmias when reviewed by a properly trained healthcare professional (e.g. a cardiologist).
- ECG electrodes (not supplied by Cortrium) may cause a patient's skin to react with irritation or reddening. Consult information provided with the electrodes for more information.

### 2.2 Warnings

- Do not use C3+ before reading this manual and manual for ECG electrodes.
- Do not use C3+ without cleaning it according to instructions between patient uses.
- Do not use C3+ without preparing device as described in this document between patient uses.

- Do not allow patients to interact with the C3+, unless when directly instructed by a healthcare professional.
- Do not touch the electrode connections while the USB cover is removed.
- Do not give the C3+ to a user or patient, without the USB cover being properly closed.
- Do not touch patient and C3+ simultaneously while C3+ is charging.
- Do not use the C3+ during MRI scans.
- Do not use the C3+ with a defibrillator.
- The C3+ cannot detect pacemaker pulses.
- Do not expose the device to strong sources of static electricity or electromagnetic fields.
- Do not leave C3+ on top of or next to other electrical equipment.
- Do not use C3+ with cables different than the one provided by Cortrium.
- Do not submerge the C3+ in liquid.
- Do not clean the C3+ with agents other than those listed in the cleaning instructions in this manual.
- Do not damage the C3+ through drops, violent shaking or crushing.
- Do not use the C3+ on patients with highly sensitive skin or known skin-related allergies.
- Do not use the C3+ on breached skin.
- Do not use the C3+ on patients below 10 kilos of body weight.
- The C3+ is not a toy. Usage on children should be under strict supervision of adults.
- Do not put C3+ into mouth under any circumstances.
- Do not alter the C3+. Any modification of the C3+ is strictly prohibited.



## 3. Device description

The following section describes the features of the C3+, accessories and accompanying information.

### 3.1 Included components

The C3+ comes with the following included in the package:

- The Cortrium C3+ Holter Monitor
- A micro-USB cable for charging and data extraction
- Instructions for Use and Technical Documentation (this document)
- Short manual

### 3.2 Accessories

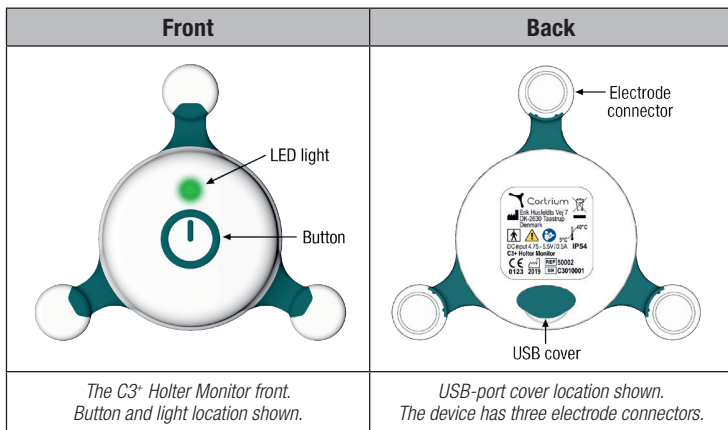
The C3+ requires the following to function as intended:

- Three third-party ECG electrodes per patient use (not supplied with device)
- The Cortrium Data Transfer Tool software found on [www.cortrium.com](http://www.cortrium.com)

### 3.3 Device layout and light

The C3+ has three connectors for ECG electrodes, a single button at the center as well as an LED indicator. A USB port can be found on the back of the device.

The button is used to start recordings and to log patient events in the C3+'s internal memory as well as connect the device via bluetooth and turn the device off.






C3+ recordings are stored in an internal memory. Recordings can be transferred and removed from the device via the device's micro-USB port, when interfaced with the Cortrium Data Transfer Tool software. The C3+ contains a non-replaceable, rechargeable Lithium battery.

The C3+ is recharged via the device's micro-USB-port.





## 3.4 Interfaces

The C3+ is intended to interface with a PC using the accompanying USB-cable and iOS mobile devices using Bluetooth.

## 3.5 Button presses

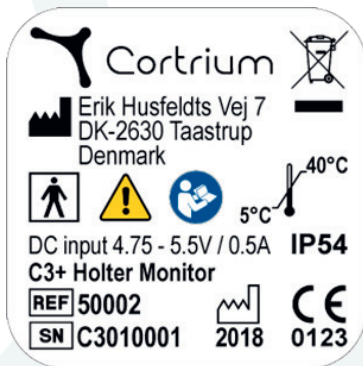
	<b>Press pattern</b>	<b>Meaning</b>
	Single press	Turn on / Mark event
	Double press	Activate Bluetooth
	Long press (3 seconds)	Turn off (Note: Device must not have connection to body)

### 3.6 LED light notifications







Color	Light pattern	Meaning
 Green	Slow: Fast: Constant:	Recording in progress Turning ON / Event button pressed Fully charged
 Blue	Slow: Fast:	Streaming Bluetooth Pairing with Bluetooth
 Yellow	Slow: Fast: Constant:	Memory full Low battery / Turning off Charging
 White	Fast: Constant:	Lead OFF detected, C3+ does not have proper contact to body. Error. Contact Cortrium or supplier






### 3.7 Package and device symbols

The following symbols are found on the C3+ package and device label.





Device label example

Symbol	Description
	Manufacturer
	Year of manufacture
	Temperature limitation / temperature range 5° - 40° degrees Celsius (while operating) -25° - 70° degrees Celsius (while stored)
	Pressure limitation 700 - 1060 mBar
	Humidity limitation 10% - 95%
	Serial number (Device ID)

	Reference number
	Refer to instructions for use
	General warning sign Refer to warning section
<b>IP54</b>	Protected against solid foreign objects (degree 5-dust protected) Protected against ingress of water (degree 4-protected against splashing water from any direction)
	Type BF applied part
	Recycle: Electronic equipment

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 <p>CE 0123</p>	CE mark with notified body identification number
 Cortrium	Company logo with name



## 4. User instructions

The following section describes how to properly prepare and use the C3+.

### 4.1 Installation of C3+ Cortrium Data Transfer Tool

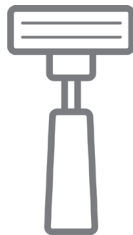
Before using the C3+, download and install the Cortrium Data Transfer Tool from [www.cortrium.com](http://www.cortrium.com). When the C3+ is connected to a PC, the device will appear as a Mass Storage Device that can be opened by Cortrium Data Transfer Tool.

### 4.2 How to start a recording

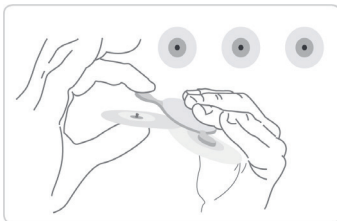
Before starting a new recording, make sure that the C3+ is sufficiently charged as described in section 4.5, and it has been setup for the intended recording using Cortrium Data Transfer Tool.

## 1. Prepare Skin

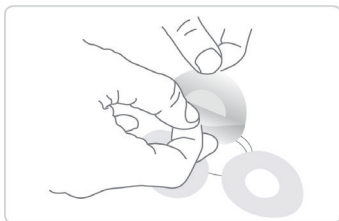
- Shave all hair in the area where the electrodes will be placed.
- Clean and abrade the skin with a cotton swab and appropriate alcohol (denat. 80%).



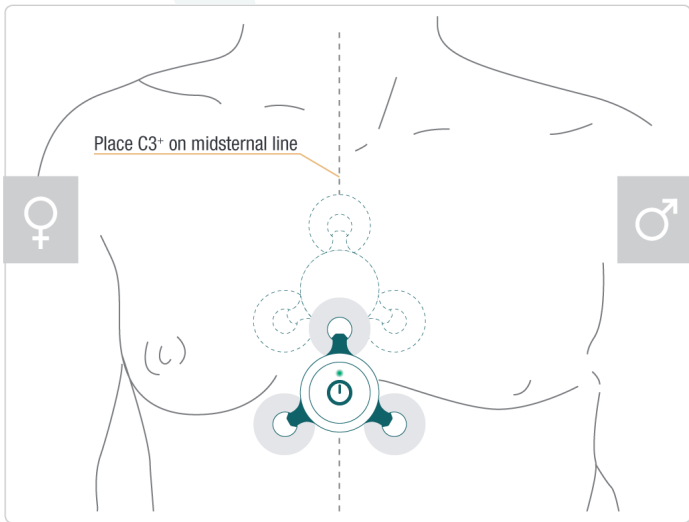
## 2. Attach electrodes to each electrode connector



## 3. Remove plastic from electrodes

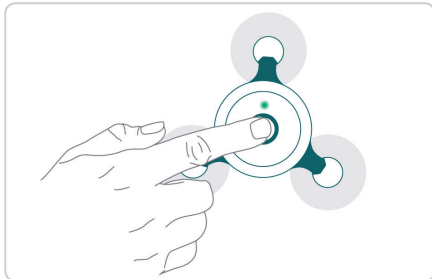


#### 4 Attach device to patient



- Make sure the adhesive sticks properly to skin
- Make sure there is no air left between adhesive and skin
- Make sure that there is no hair underneath the electrode
- The dashed outline shows alternative placement of the C3+

## 5 Start recording



- Press the button
- The green light will flash
- The C3+ is now recording

## 4.3 After use

1. When recording has ended, remove the device from the patient (patient may have done this already).
2. Detach ECG electrodes and dispose of them.
3. Connect the C3+ to a PC via USB cable.
4. Extract recordings using Cortrium Data Transfer Tool.
5. Clean and store the C3+ according to instructions in section 4.5 and 5.2.

## 4.4 Charging

The C3+ automatically charges when connected to a standard USB charger or a PC via the USB cable. The C3+ may charge slower when connected to a PC. NB DC supply voltage 4.75V - 5.5V. Any charger used must be a certified charger complying with IEC 60601-1.

To charge, perform the following actions (potentially concurrent with data extraction using Cortrium Data Transfer Tool):

1. Remove any ECG electrodes attached to the C3+.
2. Connect the C3+ to a charger or PC with the USB cable.  
Never do this while user or patient is in contact with the electrode connectors.
3. Maintain USB connection to the charger or PC until the light indicator turns continuously green.

## 4.5 Cleaning

In order to protect patients against risk of cross-contamination, the C3+ should be cleaned and disinfected in preparation for a new patient (sterilisation is not required).

### To Clean

1. Apply a non abrasive liquid soap to a clean soft cloth.
2. Wipe the C3+ thoroughly.

### To Disinfect

3. Apply 70 % isopropyl alcohol to a clean soft cloth.
4. Wipe the C3+ thoroughly.

DO NOT use abrasive cleaners or solvents such as acetone.

## 4.6 Frequently asked questions

- 1.1. How do I know that the battery of the device is fully charged?  
The LED will be continuously green when C3+ is connected to a power source and fully charged.
- 1.2. Time and date of my measurement were wrong. How can I fix this problem?  
The C3+ has an internal clock which compares itself to the clock on the PC, when preparing for a new patient. If the time is incorrect, just setup the device for a new patient, and the device will automatically set the clock to the same time as the PC.
- 1.3. Do I need software for downloading measurement data from the C3+?  
Yes, as a minimum you need Cortrium Data Transfer Tool which can be downloaded from [www.cortrium.com](http://www.cortrium.com)
- 1.4. My C3+ does not start, what might cause this problem?  
If the battery is empty, the C3+ will not be able to start.  
Charge the device using the USB cable and wait for the LED to turn green.

## 5. Maintenance, storage and disposal

### 5.1 Maintenance

The C3+ device contains no user serviceable parts, cannot be opened, and does not require routine maintenance. If a problem with the C3+ is experienced, contact Cortrium or your local supplier.

#### Cortrium service contact:

Cortrium ApS - Erik Husfeldts Vej 7 - DK-2630 Taastrup - Denmark  
email: support@cortrium.com - Website: www.cortrium.com

### 5.2 Storage

Do not store the C3+ in locations in which the device would be exposed to:

- Temperatures lower than -25° or higher than 70° Celsius
- Air humidity outside 10 - 95 %
- Heavy contamination from dirt or other foreign agents
- Running water
- Strong electromagnetic forces

### 5.3 Warranty

The C3+ has a warranty of 2 years from the date of purchase.

### 5.4 Disposal

The C3+ should be decommissioned when it reaches the end of its service life. The C3+ should be disposed of in accordance with the EU WEEE directive for electronic waste.<sup>1</sup>

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<sup>1</sup> DIRECTIVE 2012/19/EU OF THE EUROPEAN PARLIAMENT AND OF THE COUNCIL of 4 July 2012 on waste electrical and electronic equipment (WEEE).

## 6. Technical and regulatory information

### 6.1 Technical specification

<b>Technical</b>	
Type of ECG Recorder	Holter, ambulatory ECG
No. of Channels	3
Wear Time	Up to 7 days
Recording Format	Continuous
Power Requirement	Lithium Polymer, 3.7V, 520 mAh
Dimensions	85 x 80 x 15 mm
Weight	32 grams
Sampling Rate	256 Hz
Input Impedance	10 Mohm
Resolution	24 bit
Performance Standard	Design verification IEC 60601-2-47
<b>Safety</b>	
Safety Standard	IEC 60601-1 Basic Safety & Essential Performance IEC 60601-2-47



<b>Biological</b>	
Medicinal Substances	N/A
Tissue	N/A
Body fluids contacted by device	N/A
Type of contact to intact skin	Non-invasive
Duration of skin contact	Up to 7 days continued contact
Mucosal membrane contact	N/A
Sterile or non-sterile	Non-sterile
Biological compatibility	ISO 10993-5 ISO 10993-10
<b>Clinical</b>	
Medical purpose	Ambulatory ECG
Single use / reusable	Reusable/Rechargeable Monitor
Recording standard	Holter
Recording format	Continuous
Intended placement	Midsternal line
Recording period	Up to 7 days on a single charge

## 6.2 Regulatory information

The C3+ is a class IIa medical device according to 93/42/EEC. The C3+ complies with the following product standards:

DS/EN 60601-1-1	Safety Requirements for Medical Electrical Systems
DS/EN 60601-1-2	Electromagnetic Disturbances
DS/EN 60601-1-6	Medical Electrical Usability
DS/EN 60601-1-11	Home Healthcare Environment
DS/EN 60601-2-47	Particular requirements for the basic safety and essential performance of ambulatory electrocardiographic systems
DS/EN 62366-1	Application of usability engineering to medical devices
DS/EN ISO 10993-1	Biological evaluation of medical devices
DS/EN ISO 15223-1	Symbols to be used with medical devices labels, labeling and information supplied
DS/EN 1041	Information supplied by the manufacturer of medical devices

DS/EN 62304	Medical device software – software life cycle processes
DS/EN ISO 14971	Application of risk management to medical devices
EN 301 489-17 V3.1.1	Electromagnetic Compatibility (EMC) standard for radio equipment and services; Part 17
EN 300 328 V2.1.1	Wideband transmission systems; Data transmission equipment operating in the 2,4 GHz ISM band

### 6.3 Declaration of conformity

The C3+ is in conformity with the essential requirements and provisions of the EU Medical Device Directive (MDD).<sup>2</sup>

<sup>2</sup> COUNCIL DIRECTIVE 93/42/EEC of 14 June 1993 concerning medical devices.



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Email: [info@cortrium.com](mailto:info@cortrium.com) • Website: [www.cortrium.com](http://www.cortrium.com)



## Appendix A Cortrium Data Transfer Tool - Instructions for Use



C3<sup>+</sup> | Data transfer  
tool



# Cortrium Cortrium Data Transfer Tool Instructions for Use

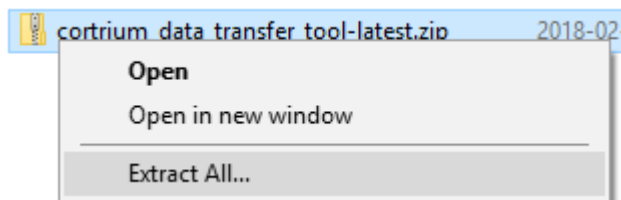
# 1. Cortrium Cortrium Data Transfer Tool

The Cortrium Cortrium Data Transfer Tool is a software application that is used for preparing the Cortrium C3+ Holter Monitor before use with a new patient. The software is also used to extract recordings from the C3+, and convert the recordings to a format that can be imported by third-party software for analysis. The software is compatible with Microsoft Windows 7 and 10.

## 1.1 Installation

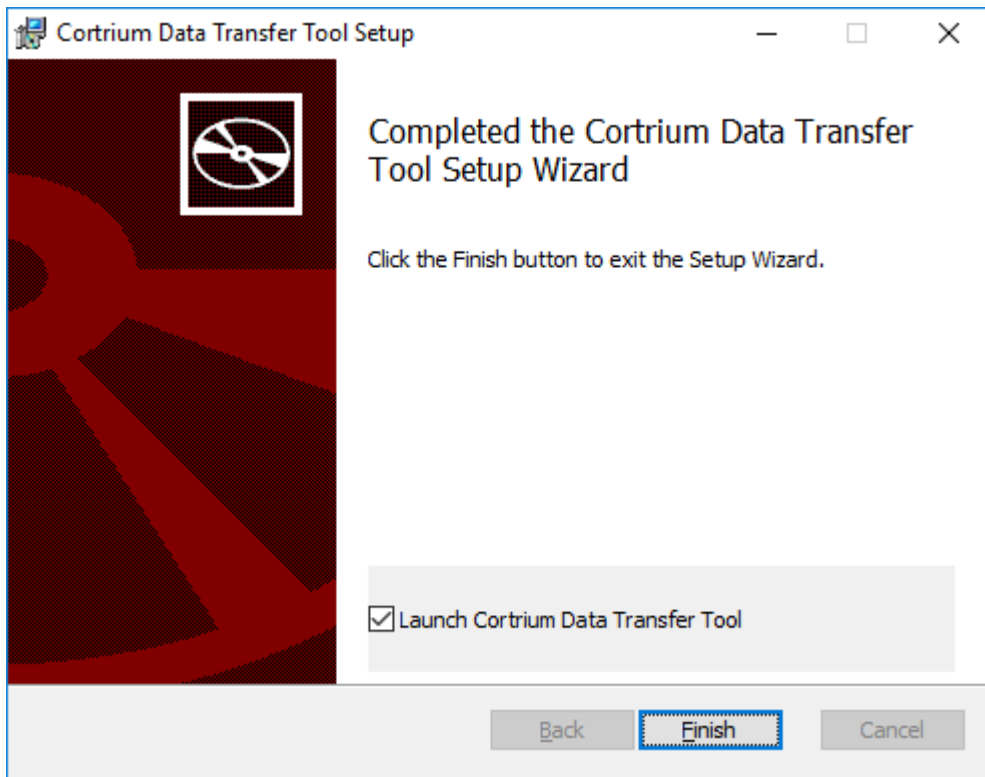
To get and install the Cortrium Cortrium Data Transfer Tool, please follow the instructions below.

1. On a computer running Windows 7 or 10, use an internet browser to visit the Cortrium website ([www.cortrium.com](http://www.cortrium.com)), and download the Cortrium Data Transfer Tool.
2. When the download is complete, locate the downloaded file on the computer. It will be a zipped (compressed) folder. Unzip (uncompress) the folder by right-clicking the folder and selecting “Extract all...”



3. In the unzipped folder, double-click the setup file to start the Cortrium Data Transfer Tool Setup Wizard. In the last step of the Setup Wizard, make sure the option “Launch Cortrium Cortrium Data Transfer Tool” is selected, and then click “Finish”.



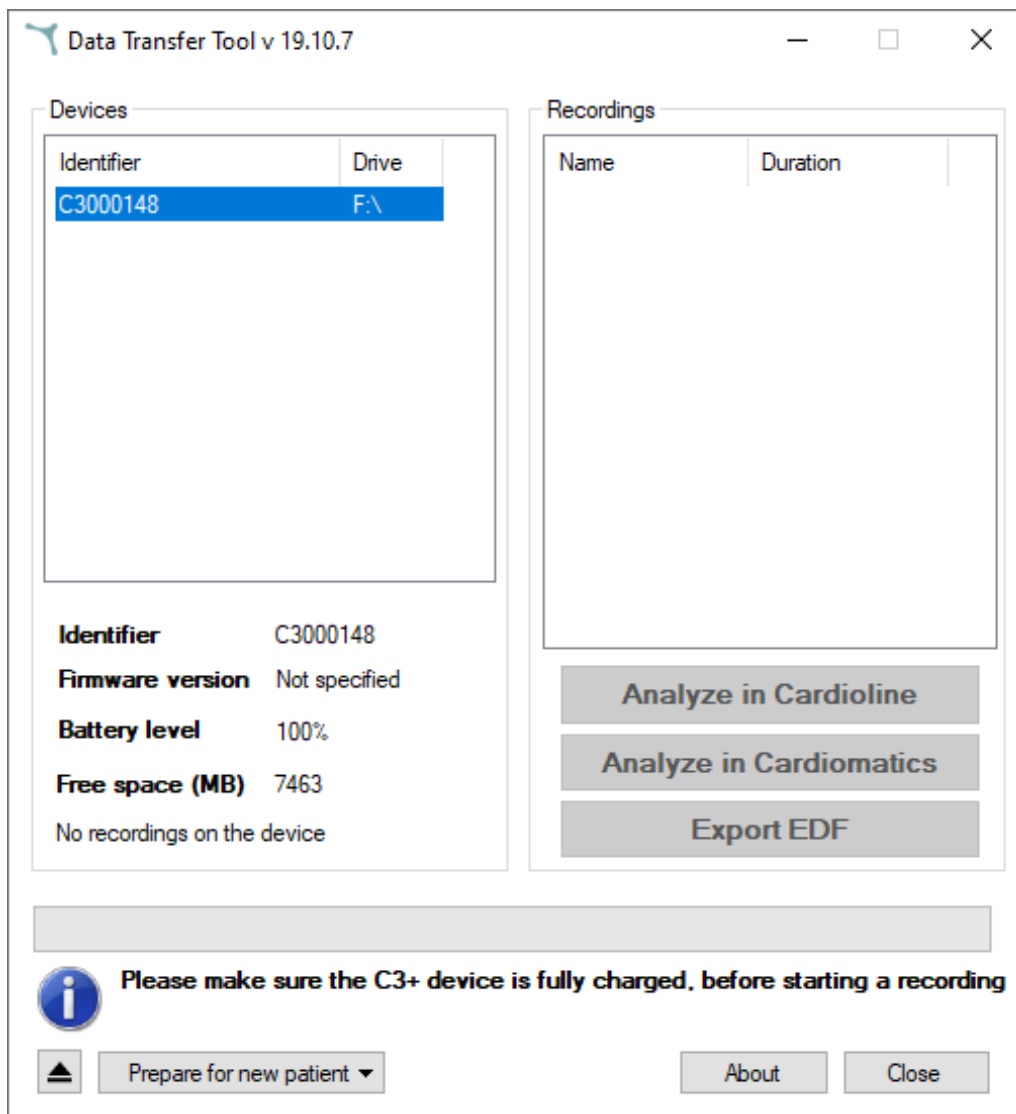


4. When installation has finished, Cortrium Data Transfer Tool will be started. It will automatically start when you start Windows.
  - a. If a C3+ is not connected via USB to the computer, Cortrium Data Transfer Tool will be minimized to the Windows System Tray (also called Notification Area).
  - b. If a C3+ is connected via USB to the computer, Cortrium Data Transfer Tool will open a window listing connected C3+ devices.

## 1.2 Prepare C3+ for a new patient

If the C3+ has been used to make recordings from a patient, please refer to the section titled "Transfer recordings from C3+", before following the steps in this section.

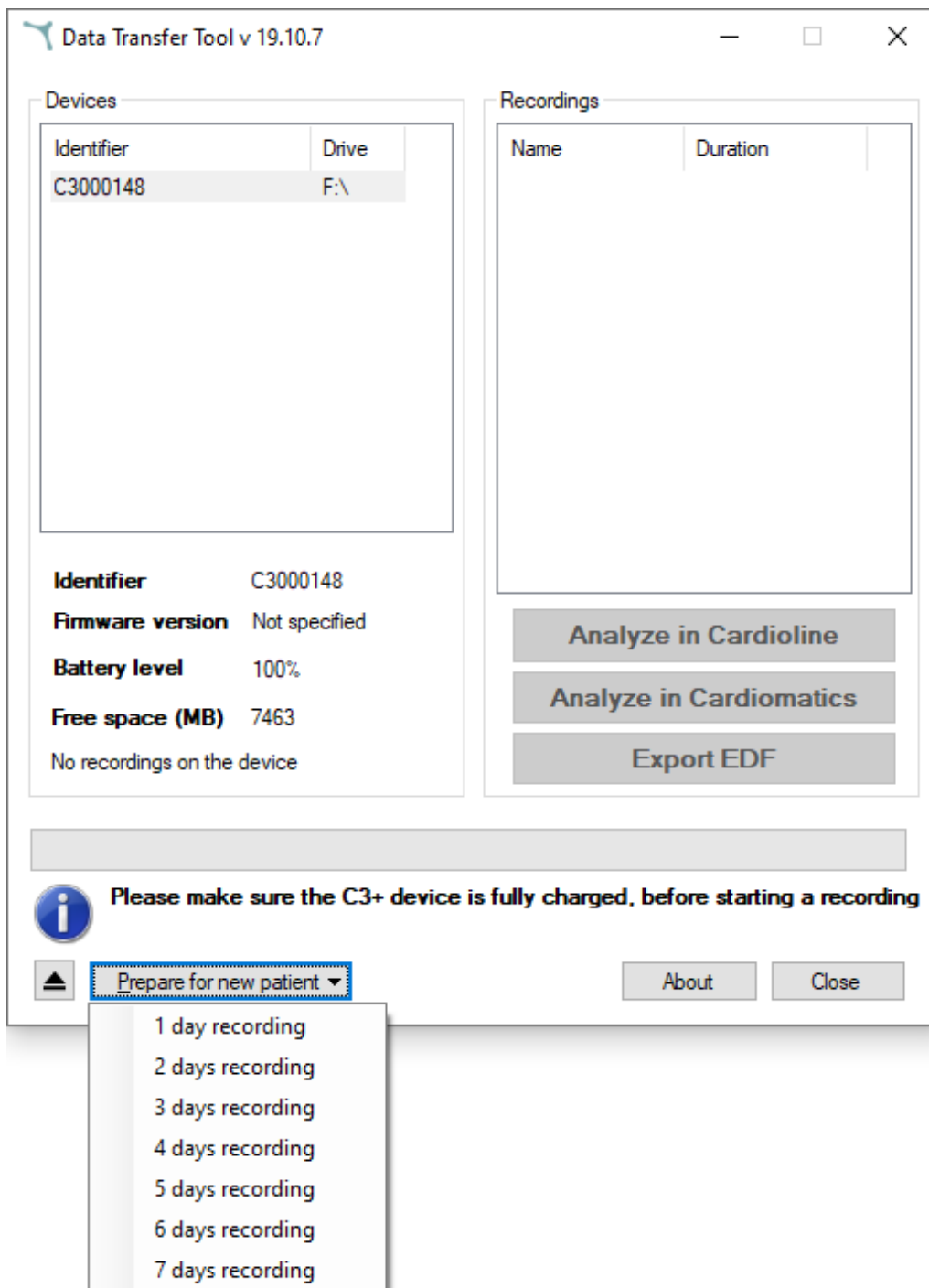
1. Make sure the C3+ is fully charged.
2. Turn on the computer that the Cortrium Data Transfer Tool was installed on.
3. Connect the C3+ to the computer via the included USB-cable.
4. Cortrium Data Transfer Tool will open and show a list of connected C3+ devices.



*Example of how the Cortrium Data Transfer Tool will appear when a C3+ is connected via USB.*

5. Click on the C3+ identifier in the list of devices, to select the C3+.
6. Click on the pop-up menu called "Prepare for new patient", and choose the desired recording length.





7. Cortrium Data Transfer Tool will display a message informing you that all recordings on the C3+ will be deleted, and ask if you want to proceed.
8. If you choose to proceed to prepare for a new patient, Cortrium Data Transfer Tool will open a dialog box where you can specify patient information. Please fill in any applicable information and proceed by clicking "OK".

Specify patient information

Patient info:

Patient ID \*

First name

Last name

Date of birth  
17. oktober 2019

Email

Phone

Gender  
Unknown

Recording start time  
2019-10-17 13:36

OK Cancel

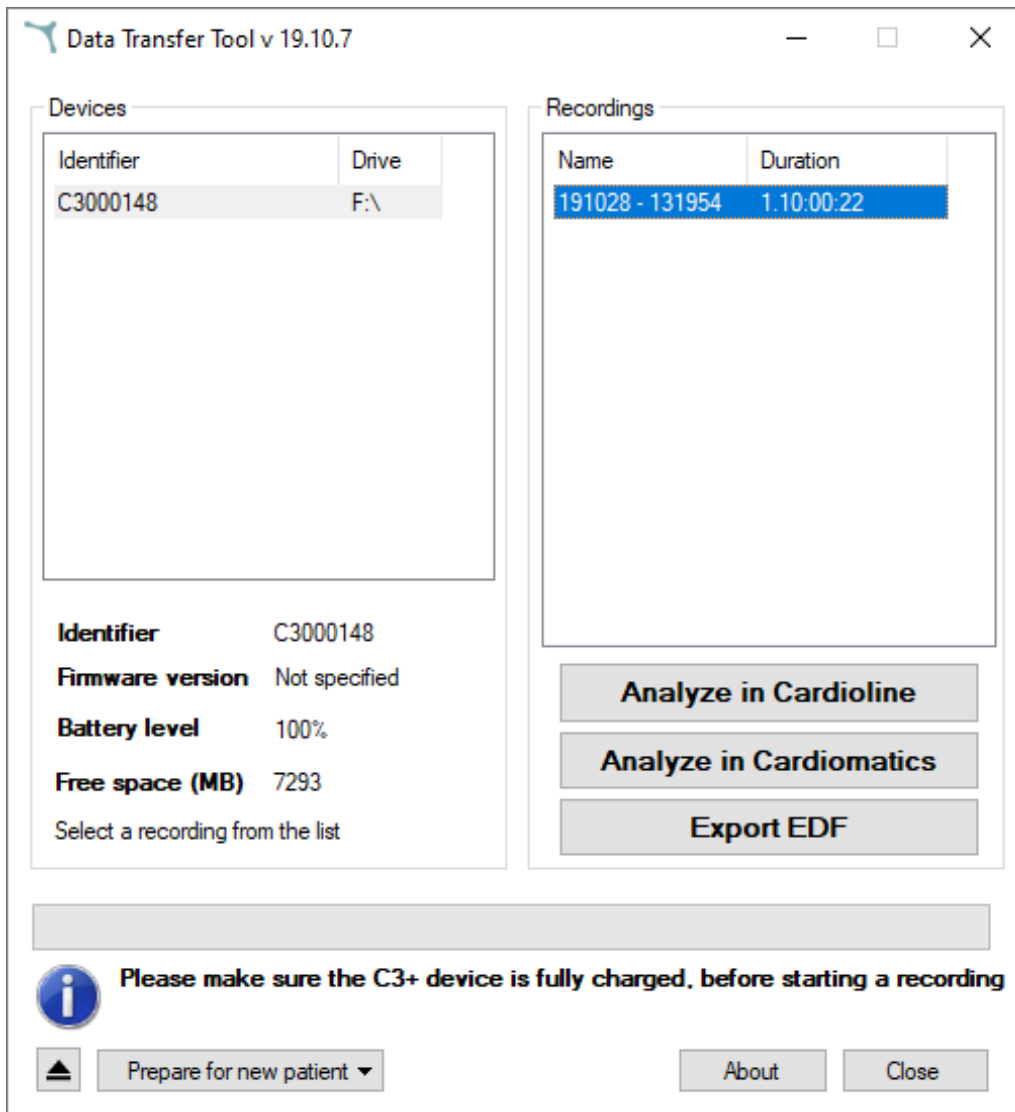
*The "Specify patient information" dialog box.*

9. Cortrium Data Transfer Tool will now inform you that it is safe to unplug the Cortrium C3+ device.
10. The C3+ is now ready for making a recording on a new patient.

### 1.3 Transfer recordings from C3+

To transfer and convert recordings from the C3+, to a format that can be imported by third party software, please follow the steps in this section. **Important:** this procedure can only be completed if the third party software is already installed, or you have an online account for the chosen software.

1. Make sure the C3+ is fully charged.
2. Turn on the computer that the Cortrium Data Transfer Tool was installed on.
3. Connect the C3+ to the computer via the included USB-cable.
4. Cortrium Data Transfer Tool will open and show a list of connected C3+ devices.
5. Click on the C3+ identifier in the list of devices, to select the C3+.
6. Click on a recording in the list of recordings, to select it for transfer and conversion.



7. Click the button “Analyze in Cardioline” or “Analyze in Cardiomatics” to start the transfer and conversion. Or click “Export EDF” to convert the recording to an EDF file.
8. Cortrium Data Transfer Tool will ask you to verify or specify information about the recording.
9. The recording will either be transferred over the internet for analysis, or stored locally, depending on your choice in step 7.
10. To transfer and convert additional recordings, please repeat steps 6 - 9.
11. When you have completed transfer and conversion of recordings, proceed to prepare the C3+ for a new patient (please see the section titled “Prepare C3+ for a new patient”). Alternatively, safely eject the C3+ by clicking the Eject-button in the Cortrium Data Transfer Tool, if you wish to complete preparations at a different time.



## Appendix B iOS App - Instructions for Use



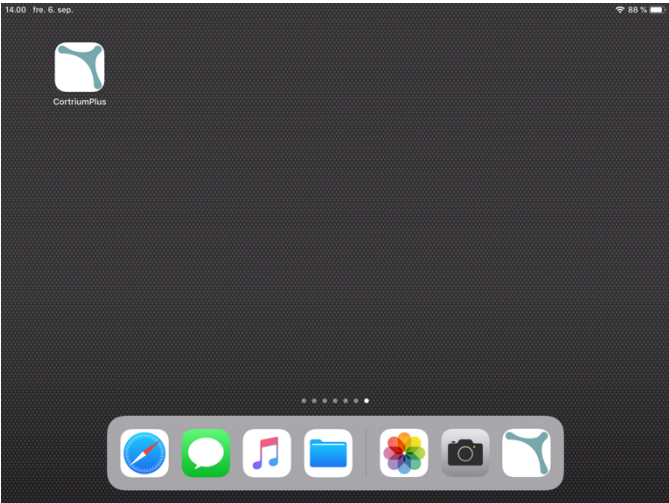
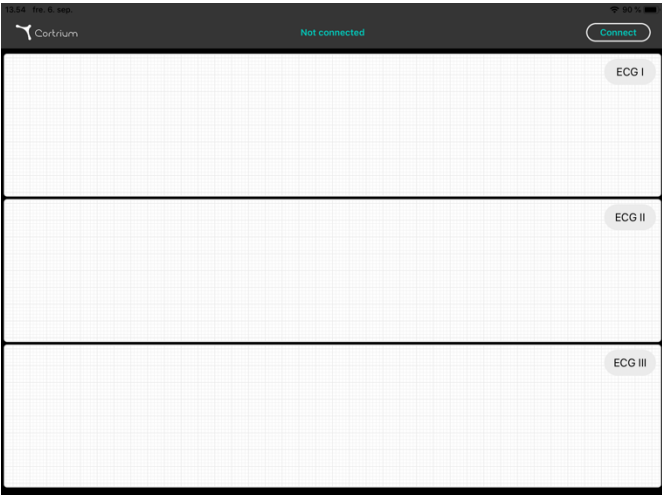
## **Cortrium C3+ iOS app Instructions for Use**

# 1. Using the iOS app with C3+

In order to use the C3+ Holter Monitor with the iOS app you need to first turn on your C3+ with a single push of the button, followed by a double push to start the Bluetooth.

After this follow the instructions below in order to visualize the data on you iPad.  
(\*please note! This app does not possess the ability to analyze and should not be used to make direct diagnostic evaluations. It is currently only for visualization of signal quality. Please use the data stored on the C3+ for interpretation and analysis)

You can find the Cortrium C3+ iOS app in the app-store.

Comment	Screen shots
Press the Cortrium C3+ app icon to open the app	 A screenshot of an iPhone home screen. At the top, the status bar shows the time 14:00, the date 'Fre, 8. sep.', and a battery level of 88%. The background is a dark, textured grey. In the center, there is a white icon for the 'CortriumPlus' app, which depicts a stylized heart with a pulse line. Below the icon, the text 'CortriumPlus' is visible. At the bottom of the screen, the dock contains several app icons: Safari, Messages, Music, Files, Photos, Camera, and the CortriumPlus app icon.
The main screen will appear. Press connect in the top right corner	 A screenshot of the Cortrium app's main interface. The top status bar shows the time 14:00, the date 'Fre, 8. sep.', and a battery level of 88%. Below the status bar, the app's logo 'Cortrium' is on the left, and the text 'Not connected' is in the center. In the top right corner, there is a red 'Connect' button. The main area of the screen is divided into three horizontal sections, each with a white background and a light grey grid pattern. The top section is labeled 'ECG I', the middle section is labeled 'ECG II', and the bottom section is labeled 'ECG III'. Each section is currently empty, showing only the grid.

Choose from the listed  
C3+ devices.  
Or cancel pairing



The ECG will appear on  
the screen

To disconnect, press  
disconnect

