



DUO Placement Guide

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To capture the best quality sound and electrical signals for your heart/lung assessment with the DUO, it is important for the device to maintain proper contact and placement on the body during the exam.



Skin Preparation

If you have **thick chest hair, dry skin, or are heavy**, it may be difficult to get a good reading from the device. There are several sources of information on how to improve the electrocardiogram (ECG) signal by preparing the skin. **Here is one example.** Although Eko has not independently tested these preparatory steps, here is a summary of one reference for your convenience:

- Shave or cut any chest hair that is interfering with good electrode-skin contact
- Clean the skin thoroughly with soap and water, a non-alcohol wipe, or a 4x4 gauze pad
- Apply water, contact lens solution, or ECG gel to the skin. **Do not use skin lotion.**
- If you have an ECG-specific skin prep pad, rub it on the skin to reduce electrical resistance

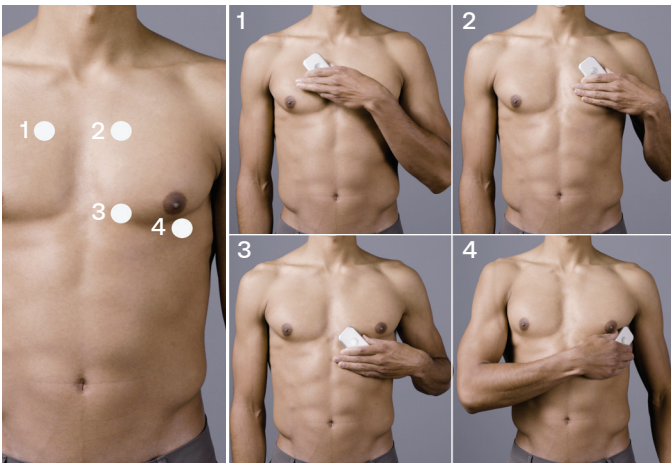


Device Placement

Both of the DUO's metal ECG leads must be in full contact with the skin to capture a quality ECG signal. Best placement may vary, and the DUO can be held in a variety of positions (vertically, horizontally, angled) across the front of your chest in order to capture the best ECG signal.

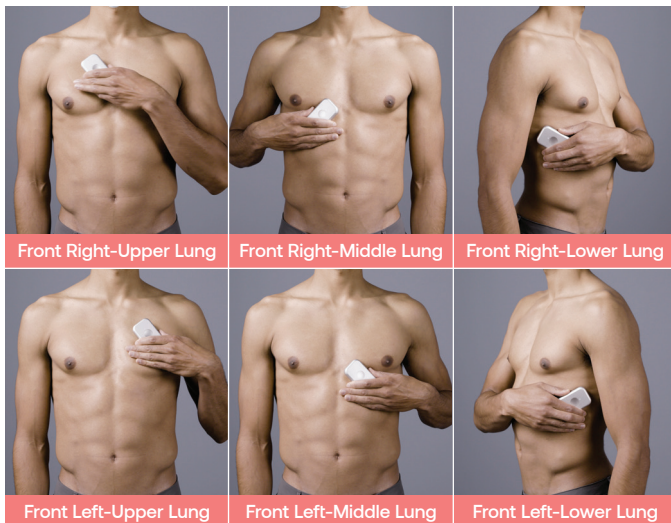


The DUO is **sensitive to vibration and hand noise**. Try to maintain firm placement with minimal motion to ensure a clean ECG recording. Be careful not to accidentally press the center button on the silver side of the DUO during your exam, as this will power the device off. “Palming” the DUO, as shown in the pictures below, allows you to apply **firm and constant pressure against the chest** while minimizing vibration and hand noise. It also minimizes the likelihood of accidentally pressing the DUO’s button, and should help you keep both electrodes in good skin contact.



Placement for Heart Sounds

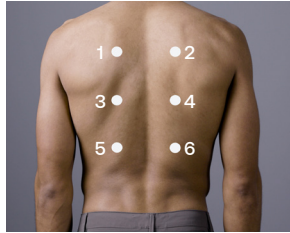
Use this guide to position DUO for optimal heart sounds.



Placement for Lung Sounds

For self-application, you can only listen from the front of the chest. If you have an assistant, you can listen to the back of the chest by following the placement guide for back placement on the next page.

Back of the chest placement positions



Troubleshooting

If the heart and lung sounds cannot be heard clearly,

- Ensure that no other objects are making contact with DUO,
- Be sure you are not recording in environments prone to vibration, and
- Place the DUO directly on the skin, not over clothing.

Indications for Use

The Eko Model E5 System is intended to be used by healthcare professionals to electronically amplify, filter, and transfer body sounds and single-channel electrocardiogram (ECG) waveforms. The Eko Model E5 System also displays ECG waveforms and phonocardiogram waveforms on the accompanying mobile application for storage and sharing (when prescribed or used under the care of a physician). It can be used to capture heart sounds and cardiac murmurs, bruits, respiratory sounds, and abdominal sounds during physical examination in normal patients or those with suspected diseases of the cardiac, vascular, pulmonary, or abdominal organ systems. The device can be used on adults and pediatrics.

The data offered by the device is only significant when used in conjunction with physician over read as well as consideration of other relevant patient data.

The device should not be used on infants weighing less than 10kg.

User Manual

Instructions for use can be found at: go.ekohealth.com/docs/duo-manual