

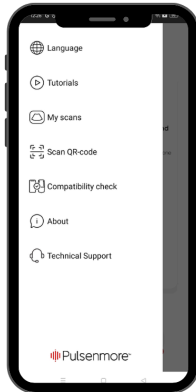
## A PATIENT DEMO HANDOUT

### Preparations:

- Charge your phone. If you are using an iOS cradle, charge it to maximum.
- Download the Pulsenmore app.
- Check you have a strong and stable network connection.
- Wear loose comfortable clothing.
- Find somewhere comfortable to sit or lie back. Have your ultrasound gel and wet wipes handy.

**1** Connect the cradle: Insert your smartphone into the cradle.

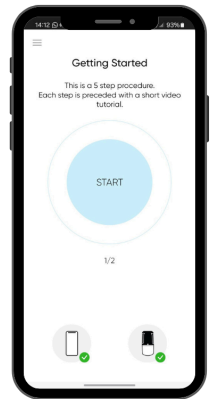
**2** Open the Pulsenmore app and select the scan QR code option from the top-left drop-down menu.



**3** Scan the key (QR code) or open the link you received.

**4** Verify that the icons at the bottom of the screen are black and have a green tick!

**5** Press Start: Tap the blue "Start" button to begin the session.



### Session types:

#### Clinician-Guided scan:

Enter the waiting room. Your session will start as soon as your doctor is available.

#### App-Guided Scan:

You will create five clips during the session.

You will first view a tutorial, then a 3-second countdown will begin, and then you will start recording your scans.

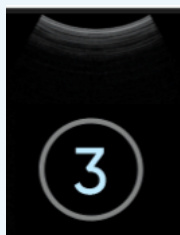
The clips will then be automatically uploaded, and sent for diagnosis.

**1**



Each of the 5 scans starts with a short tutorial.

**2**



3 sec. count down enables you to prepare for your scan.

**3**



While scanning the tutorial will continue appearing on the top right side of your screen for guidance.

## Scan guidelines

- Apply lots of gel to your belly and to the bottom grey part of the cradle.
- Press and glide the device over your skin, ensuring good contact and moving it slowly and steadily as if you are taking a panoramic video with your phone.
- For clear images, the device must have good contact with your skin at all times, make sure to apply steady pressure with the device.

## Optimising your scan

Your pregnancy week lets you know which part of your belly you should focus on, while scanning.



14-19 weeks

The uterus expands upward, moving out of the pelvic area and reaching the level of the belly button.



19-29 weeks

The uterus expands from the level of the belly button to well above it.



29-36 weeks

The uterus now reaches up to the rib cage, it becomes hard to capture the entire fetus in a single scan.

## Scanning tips

Focus on your lower belly **incorporate pauses & tilting**, starting from the pubic bone & extending only to the belly button.

**More time should be allocated for scanning, with pauses**, as the belly is large. Scan the sides of your belly even if you cannot see the screen - this allows for the best visibility of the amniotic fluid pockets.

## Notes

**Screen alerts:** These will guide you if you need to adjust your movement speed or pressure.

**Pause and Resume:** Tap the Pause icon to pause anytime, Resume by pressing the CONTINUE button on the home page.

**Processing:** Wait until all clips are uploaded before closing the app.

If you forget, don't worry! Reopen the app and it will finish uploading automatically.