

## Return Instructions

**Please DO NOT discard these instructions or the boxes and packing material that came with the unit. You will need these items to return your Heartbeats at Home Fetal Doppler.**

1. Your Heartbeats at Home Doppler was shipped on \_\_\_\_\_ and your account will be billed on the \_\_\_\_\_ of each month (after your \_\_\_\_\_ month rental term).
2. You will be shipping the doppler back to us at no additional cost to you. **You must use the attached Return Shipping Label that has been prepared just for you.**
3. Please keep the box for the return shipment when you are finished renting your Heartbeats at Home doppler. If you discarded the box, then you can get another Priority Mail box (Small or Medium Size - Flat Rate) from any US Post Office at no charge.
4. When preparing your return shipment, gather all the items that came with your doppler (User's Manual, etc.) and insert them carefully into the box along with the doppler. Use protective cushioning (i.e. bubble wrap, paper, etc.) to fill the voids in the shipping box and seal the box securely with clear shipping tape.
5. Affix the Return Label to the outside of the box, positioned directly over the original Shipping Label used for the shipment to your home.
6. When you are ready to return the doppler, visit the "Shipping & Returns" page on our website at <http://www.heartbeatsathome.com/shipping.cfm>, then fill out and submit the Return Doppler Form at the bottom of the page. ***There is no need to wait for a reply from our office...Go ahead and return the unit.***
7. If we provided you with a USPS Priority Mail Return Label, your US Mail Letter Carrier can pickup your package with your normal mail or you can drop it off at any US Post Office or authorized pickup location. If we provided you with a UPS Return Label, you can hand it to any UPS driver at home or work. Or, just drop it off at any UPS Store or authorized UPS shipping center.

Thanks so much!

***FLIP THIS PAGE OVER FOR HELPFUL TIPS ON USING OUR DOPPLER SYSTEM.***

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## Tips On Using The Heartbeats at Home Fetal Doppler

- A full bladder may help.
- Early in pregnancy, start in the middle of the abdomen (stomach), in line with the belly button right above the pubic hair. Or, if you have heard the baby's heartbeat at the doctor's office and remember where they were holding the doppler, then this is a good place to start.
- Move the probe slowly – it is quite easy to scan over too fast, missing the heartbeat.
- Tilt the probe downward toward the pubic bone.
- Be sure to use plenty of ultrasound gel or ultrasound lotion. If you run out of the gel or lotion, you can use any type of skin lotion (though the sound clarity won't be as good). You can buy additional Doppler Ultrasound Gel from us at [www.HeartbeatsAtHome.com](http://www.HeartbeatsAtHome.com).
- If you have trouble distinguishing the sounds you hear, listen to the audio clips available on our website. These audio clips contain sounds with typical maternal background noise.
- It is common to pick up the heartbeat in two places when using the Doppler. You may hear the same heartbeat a few inches apart – do not be alarmed. Physicians listen for a difference in two heartbeats to determine if there are two fetuses.
- If you are carrying twins, it can be difficult to distinguish between the two heartbeats (even physicians have a tough time with this). It is best to count the heartbeats and find two different rates.
- If the light on the Doppler is red, first check to make sure both ends of the telephone type cord are plugged into the unit and transducer. If they are plugged in and the light is still red, then replace the battery. If the light is flashing green when the unit is on, the battery is low. Please replace the 9-volt battery.
- If no light comes on, make sure the battery is installed properly.

If you are going through a high-risk pregnancy or if you have any special prayer requests, we would like to pray specifically for you so please e-mail us at [Support@HeartbeatsAtHome.com](mailto:Support@HeartbeatsAtHome.com).

Thanks again and God bless.

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