

IMPLANTABLE LOOP RECORDER

Your cardiologist is requesting for you to be scheduled for Loop Recorder. One of our hospital procedure coordinators will be contacting you within the next 48 hours to schedule a procedure date for you. Please have this packet available for your phone call as they will also review the attached instructions with you at that time and answer any questions you may have. Should you need to contact our scheduling department, please call the main number, 609-584-1212 and ask to speak with the procedure scheduling department.

Procedure Location: RWJ CHS Hopewell SFMC Madison Office

Procedure Date: _____ **Time (in office only):** _____

FOLLOW UP APPT: at the Madison Office

Dr. Caplan Dr. Wjasow Dr. Sanyal

Date: _____ Time: _____

An Implantable Loop Recorder (ILR) is a small device about the size of a AAA battery that is implanted just under the skin of the chest to the left of the breast bone. The device can track abnormal rhythms by two mechanisms: remote monitoring and patient activated alerts. The ILR is useful for patients who are experiencing symptoms of dizziness, passing out (syncope) or palpitations for which arrhythmias have not been able to be captured by a traditional holter or event monitor.

The device is placed under local anesthesia in the hospital or office as an outpatient procedure by one of our Heart Rhythm Specialists. A small pocket is created under the skin and the device is placed in the pocket. Unlike a pacemaker, no wires are inserted into the heart, and patients go home the same day. The battery life of this device is two years or more, allowing ample time for it to detect an arrhythmia. Once the device is no longer needed or the battery expires, the device is often left in place rather than being removed.

Before The Procedure

- Hold anticoagulants the morning of the procedure (Coumadin/Warfarin/Eliquis/Xarelto/Savaysa/Pradaxa)
- Take all other medication
- Shower morning of loop recorder insertion
- You may eat and drive yourself.

If scheduled in the hospital, you will be provided with instructions from the hospital prior to your appointment. You may be advised not to eat or drink anything after midnight prior to your test and will be permitted to drive yourself home after the procedure.

Discharge Instructions

- After placement of your loop recorder you may resume your normal activities.
- Dermabond is surgical glue that has been placed over your incision. Dermabond will fall off by itself, DO NOT remove the dermabond.
- If a band aid was placed over your incision, you should not remove the band aid until the day after your procedure.
- Showering and bathing is advised, however, do not scrub or rub your incision, pat dry with a clean towel only.
- Swimming (in the ocean and/or pool) and hot tub use should be avoided for 4 weeks to allow the wound to heal properly
- Follow up with your physician 7-10 days post procedure

Device Clinic & Remote Monitoring

Once your device is implanted you will be enrolled our device clinic; remote monitoring is crucial for all loop recorder patients. Remote monitoring allows Hamilton Cardiology to see if you are having any abnormal rhythms. It also allows you to communicate with the office when you are not feeling well. If you have any symptoms you should always send in a reading and call the office to make us aware. This will allow for the best possible treatment for you.

The device will work automatically on its own 24hours a day. A remote monitoring appointment will be scheduled every 31 days; the readings come over automatically requiring no action by you. Although the monitoring is every 31 days, if the device picks up an abnormal rhythm within the 31 days the office will be alerted and will call you if

any changes are required. Again, if you experience any symptoms you should send in a remote reading and call the office. You will receive your remote box at the time of implantation or via mail from the device company.

- Upon receipt of your remote box please set it up at home and send in your first interrogation
- If you have any questions you may call the office or the company which your device belongs to
- Some companies allow for you to use a Smartphone application. If doing so the office staff can assist you in setting up the application if necessary.

It is important to remember that device monitoring does not replace your office visit with your doctor, nor should you assume we would know if you are feeling unwell or are experiencing any symptoms at home. Please continue to call the office and report any symptoms or changes in your clinical condition just as you would if you did not have a device.

Also, please note, if your insurance requires referrals or co-pays for testing they will be required for remote monitoring as well.

Complications

It is uncommon to experience any complications after a loop recorder insertion. However, if you experience any of the following please call the office:

- Fever/chills
- Redness
- Pain
- Bleeding/Discharge
- Incision hot to the touch

Thank you for allowing Hamilton Cardiology to participate in your care. Your cardiovascular health is our priority. Please contact the office for any further questions or concerns.