

IMPLANTABLE LOOP RECORDER

The Heart Rhythm Charity

Promoting better understanding, diagnosis,
treatment and quality of life for individuals
with cardiac arrhythmias



www.heartrhythmcharity.org.uk

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Arrhythmia Alliance (A-A) is a coalition of charities, patient groups, patients, carers, medical groups and allied professionals.

These groups remain independent. However, they work together under the **A-A** umbrella to promote timely and effective diagnosis and treatment of arrhythmias.

A-A supports and promotes the aims and objectives of the individual groups.

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Arrhythmia Alliance patient booklets are reviewed annually.

This booklet will be next updated October 2008.

*If you have any comments or suggestions please contact **A-A**.*

Introduction

This booklet is intended for use by people who have, or are about to have, an implantable loop recorder and for their carers. The information comes from research and previous patients' experiences and gives a brief explanation of how the implantable loop recorder works. This booklet should be used in addition to the information given to you by healthcare professionals.

Glossary of technical terms used

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|------------------------------|--|
| ILR | Implantable Loop Recorder, a small thin device inserted under the skin to record your hearts' activity |
| Cardiac Physiologist | A staff member skilled in interpreting and providing information on your heart rhythm |
| Cardiology Department | A hospital department where investigations for your heart take place |

What is an Implantable Loop Recorder?

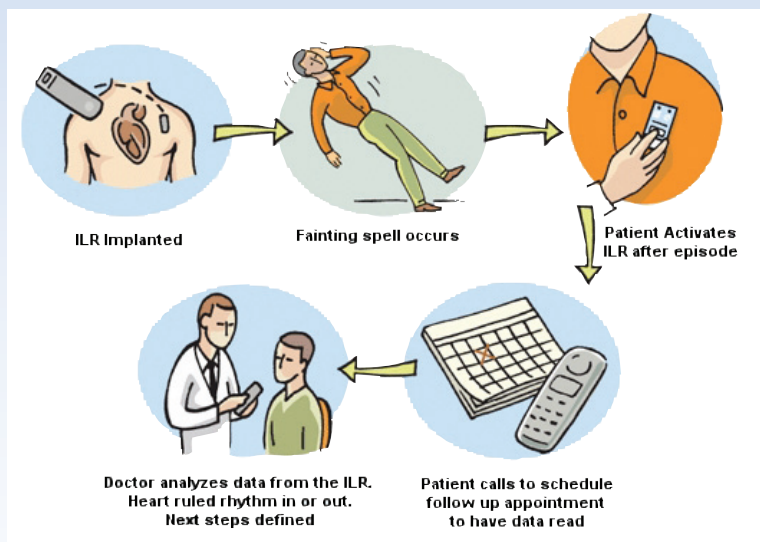
An implantable loop recorder (ILR) is a small thin device that is inserted under the skin to record the activity of your heart.



The ILR monitors and records your hearts' electrical activity in order to identify an irregular heart rhythm. You may be experiencing symptoms that indicate you have an abnormal heart rhythm such as palpitations, dizziness or loss of consciousness (blackouts/fainting episodes).

The ILR can remain in place for up to 3 years. However, the device may be removed sooner depending on when you experience symptoms, such as a fainting spell and your Physician has made a diagnosis, the device can be removed. To capture and record an episode, you are required to place a

hand held activator over the ILR and press a button in order for the device to save the information. This should be done whilst experiencing symptoms ideally. However, if recovery time is needed first then activate as near to the event as possible. If required a family member or friend can place the activator over the device to save the information. It is important to carry the activator with you so that any episode can be recorded. A recording will then be stored for your cardiac physiologist and doctor to analyse to determine whether the symptoms were caused by an abnormal heart rhythm.



The ILR can be set to automatically detect an abnormal rhythm without using the activator. It is still useful to use the activator when you have symptoms, as this will show the medical staff what your heart rhythm is doing when you are feeling unwell.

Your doctor has advised you that you may benefit from implanting an ILR.

If you suffer symptoms of recurrent loss of consciousness, palpitations, light headedness, or dizziness, your doctor might advise that you require an ILR. Your doctor may have been unable to determine the cause of your symptoms with external ECGs and 24hr ECG monitoring. Inserting an ILR that monitors your heart rate and rhythm over a longer period of time may enable your doctor to identify what is causing your symptoms and to prescribe appropriate treatment if required.

How is the Implantable Loop Recorder implanted?

The insertion of an ILR can be performed as a day case.

The ILR is inserted beneath the skin in the upper chest area or in some circumstances under the arm after local anaesthetic has been used to numb this area of your skin. The procedure takes approximately 15 – 20 minutes and once the device has been positioned under the skin the wound can then be stitched, usually with dissolvable stitches that do not require removal. If non dissolvable stitches are used your nurse will arrange a district or practice nurse to remove them. A small dressing will be applied and you will be advised when to remove it. A course of antibiotics to take after the procedure to minimise the risk of infection is often prescribed. If children require an ILR, a light general anaesthetic may be used.

The wound should be kept clean and dry until it is fully healed, although it is safe to bathe and shower. Should you encounter any problems you should seek advice from your GP, Nurse or Cardiac Physiologist.

The procedure involves a small risk of bleeding, bruising and infection to the device site and your doctor or nurse specialist will discuss this with you and asked you to sign a form to obtain your consent for the procedure.

What happens after the Implantable Loop Recorder is fitted?

A Cardiac Physiologist will program the ILR to required settings either at the implant or just after, this only takes a few minutes. Before you are discharged home the Physiologist will explain how and when to use your activator. You will also be provided with an information booklet and an ID card. The physiologist will answer any questions you may have.

Going home

If you experience any difficulties with your ILR, contact the cardiology department where your device was implanted. You will be given a contact number before you are discharged from hospital.

Removing your Implantable Loop Recorder

Once your hearts' activity has been recorded during your symptoms and the doctor is satisfied that any heart rhythm-related causes are identified or ruled out, the device can then be removed. The removal of the ILR is similar to when you had it implanted and can be performed as a day case procedure. You will be given an appointment for a routine follow-up.

Useful websites

A list of useful sites can be found at:- www.hearhythmcharity.org.uk. This list is not exhaustive and it is constantly evolving. If we have excluded anyone, please accept our sincerest apologies and be assured that as soon as the matter is brought to the attention of the [Arrhythmia Alliance](#), we will quickly act to ensure maximum inclusiveness in our endeavours.

If you wish to contact us direct please phone on 01789 450 787 or by email hearhythm@stars.org.uk

Finally

This is the list of [Arrhythmia Alliance](#) Patient booklets available by website or emailing.

- Atrial Fibrillation
- Bradycardia (Slow Heart Rhythm)
- CRT/ICD
- Catheter Ablation
- Catheter Ablation for Atrial Fibrillation
- Drug Treatment for Heart Rhythm Disorders (Arrhythmias)
- Electrophysiology Studies
- Exercising With an ICD
- FAQs
- Heart Rhythm Charity
- Highlighting the Work of the Arrhythmia Alliance
- ICD
- Implantable Loop Recorder
- National Service Framework Chapter 8
- CRT/Pacemaker
- Pacemaker
- Remote Monitoring for ICDs
- Sudden Cardiac Arrest
- Supraventricular Tachycardia (SVT)
- Tachycardia (Fast Heart Rhythm)
- Testing Using Drug Injections to Investigate the Possibility of a Risk for Sudden Cardiac Death
- Tilt-Test

Please feel free to discuss any concerns at all with the doctors, physiologists or your specialist nurse at any time.

Please help us to improve services for all those affected by arrhythmias and to save lives by making a donation today. Please complete the donation form below and return to P.O Box 3697, Stratford upon Avon, CV37 8YL, or click on www.heartrhythmcharity.org.uk and click the donate icon.

Membership is free to individuals however if you would like to make a DONATION please complete and return.

| | |
|---|------------------------------------|
| I would like to make a donation to A-A and enclose: | £ |
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| Please tick here if you agree to Gift Aid your subscription/donation | <input type="checkbox"/> Tick here |

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Name of taxpayer:.....

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Please allow Arrhythmia Alliance to claim an extra 28p for every £1 you donate at no cost to you. I want Arrhythmia Alliance to treat all donations I have made since 6 April 2000, and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations. I currently pay an amount of income tax and/or capital gains tax at least equal to the tax that Arrhythmia Alliance reclaims on my donations in the tax year. I may cancel this declaration at any time by notifying A-A. I will notify A-A if I change my address. Please note full details of Gift Aid tax relief are available from your local tax office in leaflet IR 65. If you pay tax at a higher rate you can claim further tax relief in your Self-Assessment tax return.

Standing Order Authority

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Bank Address:

Please Pay: A-A, Account: 02685818 Sort Code: 30-98-26, Lloyds TSB Plc, 22 Bridge St, Stratford upon Avon, CV37 6AG

The Sum of £/E/\$:

On (1st Date): / / 200....

And after this, every: Month / Year (delete)

Account No.:

Sort Code:

Signature:

Date:

Please hand this form in to your Bank

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| Name on Card: | Address: |

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*Please remember these are general guidelines and individuals
should always discuss their condition with their own doctor.*



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