

Patient Information Sheet - Implantable loop recorder

Your doctor has recommended the insertion of an implantable loop recorder (ILR). An ILR is typically used to investigate causes of syncope (black outs), presyncope (near blackouts) and other symptoms, specifically by assessing your heart rhythm. It is a small electronic device approximately the size of a little finger.

The procedure is generally very safe and complications are uncommon but include (and are not limited to) bleeding, bruising and infection.

You must notify your doctor if you take **blood thinners** such as aspirin, clopidogrel, warfarin, pradaxa (dabigatran), apixaban (eliquis), rivaroxaban (xarelto), clexane, enoxiparine and others.

Prior to the procedure:

You will be admitted to the hospital, usually on the day of your procedure. Men may require hair from the chest to be clipped. You will have an antiseptic wash and blood tests will be taken prior to the procedure. Antibiotics will be administered through a vein to minimise the risk of infection.

Operative procedure:

Loop recorder implantation is usually performed under light sedation together with local anaesthesia. Local anaesthetic is injected into the skin where the loop recorder will be positioned. Slight discomfort can be felt with the administration of the local anaesthetic. The rest of the procedure is generally painless. Further anaesthetic is administered if any discomfort is felt.

After the procedure:

Mild discomfort or pain can occur after the local anaesthetic wears off. It is usually adequately controlled with simple pain killers (e.g. paracetamol, panadeine) and typically settles over a few days. If all is well you will be able to go home, usually the same day. A further check will be arranged 2-6 weeks after the procedure.

Wound care and dressing:

You should not shower or bathe for the first 24 hours after the procedure. Showering after this is OK, but direct water contact on the dressing is best avoided. The dressing may be removed after 5 days. The skin sutures (stitches) will dissolve and do not require removal. Any signs of redness, warmth, localised pain, swelling, oozing, discharge or the wound coming apart must be reported to the doctor immediately (or your GP/emergency department if your doctor is not available).

Driving restrictions:

Driving restrictions may apply and these will be discussed with you.

How to use the remote control monitor:

You and/or a next of kin will be given a "remote control" for the loop recorder. The button on the remote control needs to be pressed when you experience symptoms or if you have had a black out. This activates the loop recorder to record that period of time, and It helps your doctor to determine the cause of your symptoms. You will require regular follow up to evaluate your heart rhythms.

Dr. Maros Elsik

Information in this sheet is of a general nature only. Specific details of the procedure will be discussed with you, prior to the procedure.