

## IMPLANTABLE LOOP RECORDER

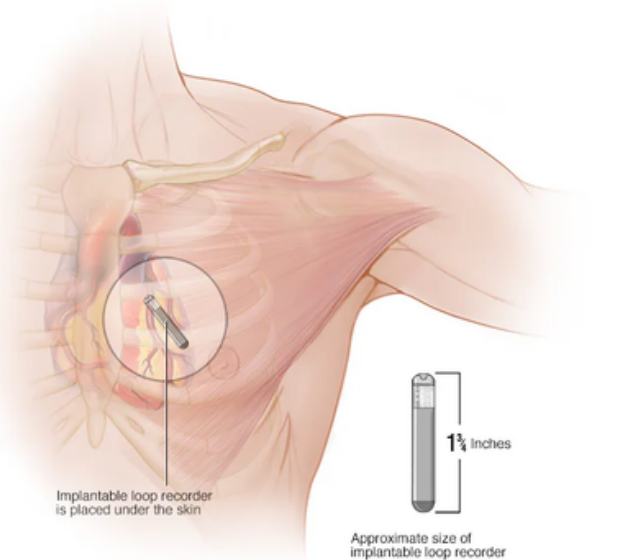
If you have been experiencing symptoms of recurrent loss of consciousness, palpitations, light headedness, or history of atrial fibrillation your doctor might advise that you require an Implantable loop recorder (ILR).

### WHAT IS AN IMPLANTABLE LOOP RECORDER?

An Implantable Loop Recorder (ILR) is a small, implantable device that monitors your heart's electrical activity over an extended period. It helps your cardiologist gather valuable information about your heart rhythm, aiding in the diagnosis and management of various cardiac conditions.

### HOW IS IT FITTED?

The ILR is implanted under the skin on the chest after local anesthesia has been used to numb the area. Your cardiologist will make a small incision, usually on the left side of your chest, and place the ILR just beneath the skin. Once that is complete, the incision will be stitched up (usually with dissolvable stitches) and a small dressing will be applied. The procedure usually takes about 15-30 minutes, and you can go home the same day.



### WHAT HAPPENS AFTER THE ILR IS FITTED?

After the ILR is fitted, you might experience some mild discomfort or bruising around the incision site, which should improve within a few days. Your cardiologist will then program the ILR to the required settings. Programming and data retrieval is done by radiofrequency. Before you are discharged, your cardiologist will explain how and when to use your activator.

The ILR continuously monitors your heart's electrical activity, capturing important data that will be transmitted wirelessly to your cardiologist during routine check-ups.

### HOW DO I CAPTURE AND RECORD AN EPISODE?

The ILR can capture your heart's activity during a blackout. This will allow your cardiologist to diagnose or rule out an abnormal heart rhythm. To capture and record an episode, you are required to place a hand held activator over the ILR. When in place, press the button in order for the device to save the information. This should be done whilst experiencing symptoms or as near to the event as possible. The ILR has the ability to record what happened in the 4 minutes before the activator was pressed. If required a family member or friend can place the activator over the device to save the information. The ILR can be set to automatically detect an abnormal rhythm without using the activator.

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It is still useful to use the activator when you have symptoms as this will show your cardiologist what your heart rhythm is doing when you are feeling unwell. It is important to carry the activator with you at all times so that any episode can be recorded. Regular follow-up of the recorded information will be arranged with your cardiologist. If you experience significant symptoms, and have pressed the activator, please let the office know at (760) 452-6334. **Remember that the device can only store the last 3 activations before it starts to overwrite the older recordings.**

### AFTER YOUR PROCEDURE:

- **Monitoring Your Health:**
  - If you develop a fever, please inform the hospital or your cardiologist promptly.
  - In case of uncertainty about your medication, reach out to your cardiologist for clarification.
- **Caring for the Incision Site:**
  - During the healing process, avoid wearing tight clothing that may cause friction and discomfort over the site of the recording device.
  - Notify the hospital immediately if you observe redness, swelling, or any oozing from the wound.
- **Hygiene Practices:**
  - You can maintain your regular shower/bath routine, but it's crucial to keep the wound dry. Your healthcare provider will guide you on the removal of sutures if necessary.
- **Carrying Essential Information:**
  - Always carry details about your ILR device with you. This information is important for dentists, doctors, emergency personnel, and security personnel (e.g., at airports) to be aware of your ILR device.

### OTHER PRECAUTIONS:

The device casing is made out of titanium and is not magnetic and has no moving parts. However, you should avoid devices which generate a strong or electro-magnetic interference (EMI). This could cause the device to malfunction and fill the memory with interference. This means that you may have to have your device reviewed after an MRI.

**Important safeguards include refraining from using the activator while bathing, avoiding placement of the activator near water, and preventing any accidental dropping of the activator into water or other liquids.**

### REMOVING YOUR IRL:

Once your heart's activity has been recorded during your symptoms and your cardiologist is satisfied that any heart related causes are identified or ruled out, the device can be removed after battery has depleted (approximately three years) or can be left in place indefinitely. The removal of the ILR is similar to when you had it implanted and can be carried out in a day clinic.