

Patient information

Implantable Loop Recorder (ILR): post-procedure aftercare

General information

If you experience any of the symptoms for which your loop recorder was implanted, please make a recording using your patient activator.

The ILR device is compatible with having an MRI scan. If you are due an MRI please inform us prior to your scan so we can download your information.

To make a recording

- Hold the activator over your loop recorder.
- Press the grey button once.
- A blue light should come on at the top of the activator and flashes, whilst it looks for your device.
- A green light will appear and the device will make a sound when the recording is successful.

Once you have made a recording, please contact the Diagnostic Cardiology Department on **01284 712536** to arrange for the recording to be reviewed.

If you experience a symptom but are unable to activate your loop recorder, please still contact the Diagnostic Cardiology Department to arrange a check.

Driving

Please discuss driving regulations with your cardiologist.

You do not need to inform the DVLA of your ILR implant, but you may need to inform them of the reason for having the ILR. Please contact them on **0300 7906806 if advised by your Cardiologist.**

Wound care

Remove the dressing gently after seven days.

The steristrips will fall off naturally within a few weeks. If this does not happen, please visit your GP surgery.

Do not have a bath or shower for two days after the procedure. Once the dressing is removed, gently shower the area and pat dry with a towel.

Do not pull or scratch near your wound site.

If the wound becomes inflamed, red or starts to ooze pus, you must contact the Diagnostic Cardiology Department immediately. It is normal to have bruising around the implant site for the first week or so.

If you have any concerns, please contact the Diagnostic Cardiology Department on 01284 712536.

Arm movement

Your implant site may be sore for the first few weeks, however you may use your arm as normal.

Follow-up check

Your first implantable loop recorder check will be about two weeks post-implant. You will receive this appointment on the day of your implant.

After the two week follow up we will monitor any automatic transmissions from your device or if you have a symptom and be in contact if there are any issues. Please ensure your home monitor is plugged in at all times so that we can continuously monitor you.

If you have a symptom you must call Diagnostic Cardiology on 01284 712536.

Travel information

Please keep your identification card on you at all times.

If you are going away on holiday you do not need to take your home monitor with you. If you are away for more than two weeks you will need to send us a manual transmission from your home monitor when you return.

If you are going to travel abroad, please show your identification card to the security team at the airport so they can advise you further.

Airport security checks will usually involve a wand being scanned over your body which will save you having to go through the normal metal detector.

Urgent enquiries

If you begin to feel unwell and require urgent medical assistance, please call 999.

For non-urgent enquiries, please contact the Cardiology Department on:

01284 712536

Monday - Thursday 8.00am – 5.00pm; Friday 8.00am – 4.30pm

Useful contacts

West Suffolk Hospital switchboard 01284 713000

DVLA 0300 7906806

<https://www.gov.uk/pacemakers-and-driving>

Heart Helpline (British Heart Foundation) 0300 3303322

<https://www.bhf.org.uk/information-support/support/heart-helpline>

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>

