

My Planned Care Patient Information Platform

Cardiology – Implantable Loop Recorder

Introduction

An implantable loop recorder is a small slim device which is injected under the skin on the surface of the chest. It is used to find out what is causing symptoms which are hard to diagnose because they happen suddenly without notice such as dizzy spells and sudden loss of consciousness. They may also be used to help diagnose changes in heart rhythms. The device stays in for approximately 3 years. It will send information about your heart to the hospital automatically at night when you sleep or if you come to the hospital the information can be downloaded easily. At the end of the 3 years or if we have made a diagnosis the device is removed.

We review patients who have been referred to the service. Your clinician will have told you whether you are to be done as an urgent referral or as a routine referral. Rest assured your care is important to us.

Guidance for Patients

You will have been seen by a clinician from the cardiology department or your care may have been discussed with the team. Your details will be put onto a waiting list and you will be contacted by either the administrator or a specialist nurse. They will arrange for you to come to the hospital for a pre-clerking appointment. This allows the team to gather information about you and your needs so we can safely look after you. In some instances this will include being seen by a consultant. If you have been seen in clinics recently we may be able to do some of this over the phone. You will be swabbed for MRSA (multiple resistant staphylococcus aureus). This is a normal hospital procedure. We will also need to ensure you have had recent bloods tests.

When you come to your pre-clerking appointment you may want to bring someone with you. You should also bring your current list of medications/inhalers/injections.

You will be given time to discuss the procedures and the risks and possible outcomes. You can change your mind at any time if you decide to not go ahead, but it is important you tell the administration team as we can then offer the appointment to another patient. Equally if you are unable to make the appointment let us know and we will make another appointment for you. The contact numbers you need are

What should I do if my health is deteriorating?

If you are finding you are becoming more dizzy, or having palpitations it is important that you are assessed further. You may wish to ring 111 for advice, they may suggest you ring 999.

If you have a loss of consciousness or if you have had a fall but can't remember the details of how you have fallen you should ring 999 requesting an ambulance, stating that you have had a loss of consciousness and you are waiting for an injectable loop recorder.

Whilst you wait for procedure

It is important that you continue to look after yourself.

- Ensure you are taking all the medicines as prescribed.
- If you smoke, book into a smoking cessation service and plan to stop
- If you drink alcohol you may wish to cut down on the number of units that you drink. If you drink excessively you should seek help as you may find it difficult to reduce your alcohol intake on your own.

If you are able too, do light exercise, but not to the point it make you feel unwell with your symptoms.

Contact Us

Interventional cardiology booking clerk	02476 865400
Device specialist nurse	02476 153841
Cardiology secretaries	02476 865378
	02476 865141

Finding our more information about implantable loop recorders

The British Heart Foundation website has some useful information. The following links will help.

<https://www.bhf.org.uk/information-support/tests/implantable-loop-recorders>