

Implantable Loop Recorder (ILR)

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Please read the following information in conjunction with the staying healthy guidance appropriate for your condition.

What is an ILR?

An Injectable Loop Recorder implant which you may hear being called an “ILR” is a small implantable cardiac monitor that is capable of automatically detecting and recording a number of abnormal heart rhythms. You may have been experiencing blackouts, fainting episodes or dizziness of unknown cause, or you may have had a stroke. An implantable loop recorder is not a treatment for these symptoms but it can record your heart rhythm during these episodes to determine if there is an underlying abnormal heart rhythm.

Guidance for Patients

There is a bedside monitor that communicates with your device and sends the information to the Department of Cardiac Investigations at Coventry University hospital. In order for the monitor to work effectively please keep it plugged in at all times. The Cardiac Physiologist will explain the home monitoring system on the day you have your procedure and you will be given an information leaflet on discharge.

How the test is performed

You will be awake during the procedure, and the procedure is carried out under local anesthetic. A small cut is made and the device is inserted just under the skin to the left of your breast bone. The wound is closed using a special kind of glue or paper stitches. The device has the ability to continuously monitor your heart rhythm for up to 3 years. You will be able to go home the same day, you will be given discharge advice on how to care for your wound, and what to do if you notice any redness, swelling or discharge. You will be advised to avoid heavy lifting and manual work for 1 week following the procedure.

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