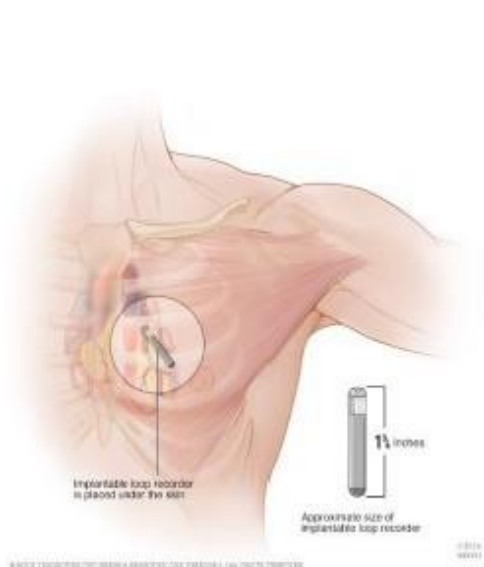


# LOOP RECORDER

A loop recorder is a type of heart-monitoring device that records your heart rhythm continuously for up to three years. It records the electrical signals of your heart and allows remote (home) monitoring by way of a small device inserted just beneath the skin of the chest.



## Why it's done?

A loop recorder is a heart recording device that is implanted in the body underneath the chest skin. It has several uses. The most common ones include looking for causes of fainting, palpitations, very fast or slow heartbeats, and hidden rhythms that can cause strokes. This information may help your doctor make a definite diagnosis and develop a treatment plan.

## Preparation

Bring in a list of your regular medications.

## Blood Thinners

- If you are taking Aspirin and / or a second antiplatelet medication such as Clopidogrel (Plavix), Ticagrelor (Brilique) or Prasugrel (Effient), please continue these without any interruption
- If you are on Warfarin, please continue it uninterrupted
- If you are on Dabigatran (Pradaxa), Rivaroxaban (Xarelto), Apixaban (Eliquis) or Edoxaban (Lixiana), you should skip one dose on the morning of your procedure only.

## On the day of your procedure

- This is a day case procedure.
- You do not need to fast for this procedure.
- If you are diabetic please eat as normal and take your diabetic medication / insulin as normal.

- On the day of your procedure, it is recommended to have a shower to clean your skin.
- The nursing staff will place you in a gown and clean your skin with an antiseptic wash
- An IV line will be inserted and antibiotics will be administered.

## During the procedure

The procedure is carried out using local anaesthetic. Sedation is usually not required for this procedure. Once the local anaesthetic has taken effect the doctor will make a small skin incision to insert the device, which is smaller than a key or a thumb drive. The incision will then be closed with a dissolvable suture or skin glue. The device can stay in place for up to four years.

## After the procedure

- A dressing will be in place over the incision site for 3 days. You must keep this clean and dry. Avoid showering/direct water to the site for a minimum of 3 days.
- You may need to take oral antibiotics post procedure to reduce infection. If so, you will be given a prescription before your discharge.
- The doctor will advise you about restarting regular medications (e.g. blood thinners)
- A follow up appointment to check your wound site will be given to you before your discharge.
- You should receive a heart rhythm device I.D. card from Heart Rhythm Ireland in the post within 4 weeks of the procedure. Please carry this with you at all times, in particular when passing through airports as it is possible for an implantable loop recorder to set off metal detectors. Contact 041-687-1457 if you do not receive your ID card.

## Potential Complications

- Bleeding, bruising, redness, swelling at site
- Haematoma (bleeding into skin)
- Pain
- Infection at site
- Fever

If you notice any of the above complications, it is important that you contact the cath lab on 01 8032312 for advice and instructions. However, if you become acutely unwell or develop shortness of breath seek medical help via 112 or your local A&E.

## Device Information

A Cardiac Physiologist will explain how your loop recorder works. The device records the rhythm of your heart and transmits them automatically overnight to the Cardiology Investigations Department in the Mater Hospital by way of wireless technology. All you need to do is keep the transmission monitor you receive beside your bed. Transmissions can be made manually or will send when you are asleep. An implantable loop recorder is invisible and doesn't interfere with your daily activities. It has no patches or wires, and once the wound is healed, you don't have to worry about getting the device wet while bathing or swimming. These devices used are safe for use during a medical imaging procedure called magnetic resonance imaging (MRI), but let your doctor know about your implant before you schedule such a test.

## Useful websites:

[www.bostonscientific.com](http://www.bostonscientific.com) [https://www.rsa.ie/Documents/Licensed%20Drivers/Medical\\_Issues/Medical%20Fitness%20Guidelines.pdf](https://www.rsa.ie/Documents/Licensed%20Drivers/Medical_Issues/Medical%20Fitness%20Guidelines.pdf)  
[www.medtronic.com](http://www.medtronic.com)



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