

## Implantable Loop Recorder (ILR)

An implantable loop recorder (ILR) is a small device placed just below the skin. It is **not** in the heart. It is used to monitor heart rhythms long-term. It is about the size of two paperclips end-to-end.

This device can give you and your physician more information if you have:

- Unexplained fainting
- Heart palpitations
- Slow or fast heart rhythms
- Unexplained stroke

### Day Before Surgery

A nurse will call you the day before surgery (or the Friday before for Monday surgery). The nurse will review your instructions and tell you what time to arrive. If you do not hear from us by 4 pm, please call: **608-263-1530**.

**If you feel sick or have a fever** over 100°F the day before surgery, call the clinic.

### Placement

The skin on the left side of your chest will be cleansed with an antiseptic. A local anesthetic will be given. This numbs the area where the loop recorder will be inserted. A small incision is then made in your skin. The loop recorder is inserted underneath your skin but above your ribs. After the loop recorder is inserted, the small incision will be closed. You may be able to feel the device sitting underneath your skin.

### Removal

If you are having a loop recorder removed: The skin on the left side of your chest will be cleansed with an antiseptic. A local anesthetic will be given near the site where your loop recorder was previously inserted. This numbs the area. A small incision is then made in your skin and the loop recorder is removed. The small incision is then closed.

### Wound Care

- You may shower after 24 hours.
- Keep the incision clean and pat dry after showering.
- **Do not** use any lotions or ointments over the incision.
- **Do not** scratch or rub the site.

### Pain

You may take a mild pain reliever such as acetaminophen (Tylenol®) or ibuprofen (Motrin®) for any pain. You may also apply an ice pack.

### Infection

Look at the site daily for any signs of infection.

- Redness
- Swelling
- Fever (101°F or higher)
- Drainage
- Tenderness
- Warm to touch

### When to Use Symptom/Patient Activator

Use the activator for these symptoms:

- Palpitations
- Passing out or nearly passing out
- Stroke-like symptoms

**If app-based**, press "symptom" and follow prompts on screen.

If you have an **activator button**, press when you are having symptoms.

If you **do not** experience symptoms, the device will still detect and record slow or fast heart rhythms.

**Who to Call**

UW Heart and Vascular Clinic.

Monday – Friday, 8:00 am- 4:30 pm

**608-263-1530 or 1-800-323-8942**

After hours, nights, weekend, and holidays this number will give you the paging operator. Ask for the cardiology fellow on call. Give your full name and phone number with the area code. The doctor will call you back.

For questions about your device, call the device company:

- Medtronic: 1-800-633-8766
- Boston Scientific: 1-800-227-3422
- St. Jude/Abbott: 1-800-722-3423
- Biotronik: 1-800-547-0394

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©4/2021 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#7475.