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 Procedure
A nurse will call you the day before your procedure (or the Friday before for Monday procedure). The nurse will review your instructions, including medicine holds and discuss arrival time. If you do not hear from us by 4 pm, please call: **608-915-0200**

If you feel sick or have a fever over 101.5°F the day before your procedure, call the clinic.

Placement
The skin on the left side of your chest will be cleansed with an antiseptic. A sterile drape will cover you so that only the implant site is exposed. A local anesthetic will be given which 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, it will be tested to ensure your heart rhythm recording is clear. The device may need to be repositioned if the recording is suboptimal. Implant time can vary. 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 sterile drape will cover you so that only the area where your previously implanted loop recorder needs to be removed is exposed. A local anesthetic will be given near the site where your loop recorder was previously inserted to numb the area. A small incision is then made in your skin and the loop recorder is removed. The time it takes to remove the device can vary. The small incision is then closed.

Wound Care

- Typically, surgical glue is used to close the incision.
- If glue is used, it will fall off over time (usually 5-7 days). **Do not** pick, scratch, or rub the surgical glue.
- 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 (101.5°F or higher)
- Drainage
- Tenderness
- Warm to touch

Medicines
Any medicine instructions or changes will be reviewed with you before going home.

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
If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan. For a list of UW Health Clinics, visit www.uwhealth.org/.

UW Health Heart and Vascular Clinic
Monday-Friday
8:00 am – 4:30 pm
(608) 915-0200.

After clinic hours, nights, weekends, and holidays, your call will go to our after hours answering service.

For questions about your device, please call the device company:

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

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 © 8/2024 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#7475.