

## Patient information factsheet

# Your cardiac rhythm management device: ILR

You have been implanted with an implantable loop recorder (ILR).

An implantable loop recorder (ILR) allows the electrical activity of your heart to be continuously monitored. It will automatically record periods of your heart rhythm which may be slow, fast or irregular. You can also activate it to store periods of heart rhythm if you experience symptoms.

### What you need to know

**Please keep a careful eye on the wound site.** Leave the dressing on for five to seven days and keep it clean and dry. Once you have removed the dressing, keep the area clean and dry until the wound is well healed.

Look out for any signs of infection:

- redness
- soreness
- raised appearance
- discharge
- raised temperature
- sudden severe pain at the wound site

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If you have any concerns about your wound site, contact the cardiac rhythm management department between 8am and 5pm, Monday to Friday. At all other times you should attend the emergency department. If you're a resident of the Channel Islands please contact the Princess Elizabeth Hospital. Details of your implant will be sent there.

You have been given an 'activator'. This is either a hand held remote control or is included in your app. You should use this to record your heart rhythm if you experience symptoms. You should carry your activator with you at all times. You will be instructed on how to use your activator and given an instruction booklet.

### Home monitoring

Automatic monitor - keep it plugged in

Automatic smartphone or tablet based app monitor

A home monitor is used to send information through to the department from your ILR, which we then review to check your heart's rate and rhythm. Your monitor may be a smartphone or tablet based app, which uses low-energy Bluetooth.

Your home monitor may mean that you do not have to come in to the hospital for appointments. We will send you a letter instructing you when to use it. This will be approximately every couple of months. If you have a LINQ II (see your ID card), this will be automatic and you will not need to send a download manually.

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You will not be able to record more than two or three patient symptoms per day, depending on the settings of your device. If you suddenly feel very unwell or lose consciousness you should dial **999** and attend the emergency department. If you are able to, use your activator to record the episode. Do not drive yourself to hospital.

## Hospital appointments

If we need you to come in to the hospital to have your ILR checked we will send you an appointment letter. Your appointment will normally take between five and 15 minutes, though in some circumstances it may take longer. A doctor may be called if there are any findings at your check that need further investigation or a review of your current medication. Please bring a list of your current medication with you to any appointments. There is no need to bring your home monitor.

## Contact us

### Cardiac rhythm management

Monday to Friday, 8am to 5pm

Telephone: **023 8120 6404**

Email: [crm@uhs.nhs.uk](mailto:crm@uhs.nhs.uk)

Address: Green Area, E Level, East Wing  
Southampton General Hospital  
Tremona Road  
Southampton  
SO16 6YD

Please note that we only routinely analyse remote transmission between 8am and 5pm, Monday to Friday. If you have any concerns regarding your device outside of these times, please contact the hospital switchboard on **023 8077 7222** and ask to speak to the cardiovascular and thoracic bleep holder.

## Further information

For additional information please see our website [www.uhs.nhs.uk](http://www.uhs.nhs.uk) and search for 'cardiac rhythm management'.

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit [www.uhs.nhs.uk/additionalsupport](http://www.uhs.nhs.uk/additionalsupport)