

## Patient information factsheet

# Your cardiac rhythm management device: ILR

We have given you this factsheet because you have been implanted with an implantable loop recorder (ILR).

### What is an ILR?

An 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, such as:

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

If you have any concerns about your wound site, contact the cardiac rhythm management department between 8am and 5pm, Monday to Friday. Outside of these hours, go to your nearest emergency department.

You have been given an 'activator'. This is either a handheld 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

Your home monitor sends 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 into the hospital for appointments. We will send you a letter instructing you how and 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.

You will not be able to record more than two or three symptoms per day, depending on the settings of your device.

### **Call 999 for an ambulance if you:**

- suddenly feel very unwell
- lose consciousness

**Do not drive yourself to hospital.** If you are able to, use your activator to record the episode.

## Hospital appointments

If we need you to come into 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. We may call a doctor if there are any findings at your check that need further investigation, or a review of your current medication is needed. Please bring a list of your current medication with you to any appointments. There is no need to bring your home monitor.

## Contact us

If you have any questions or concerns regarding your device, please contact us.

## Cardiac rhythm management (CRM) department

Telephone: **023 8120 6404** (Monday to Friday, 8am to 5pm)

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

Outside of these hours, please contact the hospital switchboard on **023 8077 7222** and ask to speak to the cardiovascular and thoracic bleep holder.

## My Medical Record

My Medical Record is an online service provided by University Hospital Southampton NHS Foundation Trust (UHS) that gives you access to your own digital health record.

On My Medical Record, you will be able to:

- message either the CRM nurses or physiologists via a messaging tool, or send a photograph of your wound site
- find out more information about your cardiac device and other arrhythmia procedures or issues (see 'My Conditions' section)

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- see a list of your upcoming appointments (please note that future appointments via your home monitoring system will **not** show here)

For more information about My Medical Record, please visit:

[www.uhs.nhs.uk/for-patients/my-medical-record](http://www.uhs.nhs.uk/for-patients/my-medical-record)

Once you have access to My Medical Record, please contact the CRM physiologists or nurses and ask for the CRM pathway to be added to your profile. Please note that we will need your UHS hospital number or NHS number to be able to do this.

### Useful links

For additional information, please see our website [www.uhs.nhs.uk](http://www.uhs.nhs.uk) and search for 'device follow up'.

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**