About Your Implantable Cardiac Loop Recorder

This handout will give you information about your implantable loop recorder and help you learn how to take care of it.

You had a loop recorder placed on: __________ by Dr. ________________________.

The company that made your loop recorder is ____________________________.

You have a follow-up visit to check wound healing and to interrogate your loop recorder

Date________________________ Time________________________

Location __________________________________________________________________________________

UW Health Heart and Vascular Care Device Clinic – (608) 263-1530

What is a loop recorder?
A loop recorder is a small device that was placed in your body. It is just under the skin on your chest. This monitors your heart’s electrical activity.

Why do you need a loop recorder?
Loop recorders are put in to help find the cause of your symptoms. These may be a racing or pounding heartbeat, lightheadedness, dizziness, or fainting. Your doctor can look at the information stored by the device to help find the best treatment for you.

When you experience or have symptoms of ________________, use your Medtronic handheld Patient Assistant device. This will “save” the event to your loop recorder. Carry it with you at all times so that you have it whenever you experience symptoms.

(Patient Assistant device)
Your loop recorder will save _______ symptoms episodes. If you use up all your symptom episodes please call us to plan a remote transmission. We can then look at what your heart’s electrical activity was doing at those times.

You will then use your **Medtronic Carelink Monitor** to send us your information (please review your Patient Manual that was given to you at the time of the procedure). Auto transmission may also occur if certain rhythms or rates are noted. 

**How to use your loop recorder:**

Your loop recorder will be checked about every three months; how often will be decided by your doctor. We will talk more about this during your next appointment.

**Incision Care**

If DermaBond® “Clear Glue” was applied to your incision, you may shower the day after your procedure.

If a dressing was applied over your incision:

- Leave the current bandage on until ________.
- Site should be kept clean and dry (no showering) for _____ days following the procedure. When you do shower, let the soap and water run down the incision, don’t scrub or rub the site.
- The Steri-Strips™ (the thin pieces of tape over the incision) hold the skin together as it heals. These should be left in place until they fall off on their own or the nurse will remove them at your first visit.

Do not use any lotions or ointments over the incision. As the site heals, you may feel itching; this is normal. Do not scratch or rub the site.

Look at the site daily for any signs of infection:

- Redness
- Swelling
- Drainage
- Warmth over the site
- increased tenderness
- fever (101° F or greater)

If you notice any of the above, you need to call device clinic the same day at **(608) 263-1530.** Some bruising is expected.
When to call the doctor or the Device Clinic:
  - If you have any signs of infection.
  - If you use up all your “symptom” episodes or you faint.
  - If you are going to have any tests or surgeries done, we may want you to first do a remote transmission.

Pain:
If you have pain at the site, you may take any mild pain reliever that has worked for you in the past (Tylenol® or ibuprofen (Motrin®)).

May also apply an ice pack over site for added pain control.

Your Loop Recorder ID card:
You have been given a temporary ID card. Carry this with you at all times. The device company will mail your permanent card to you in about 2 months. Be sure to tell all people that you see for your health care that you have a loop recorder. If they have any questions, have them call our clinic, (608) 263-1530.

Electrical Hazards
Most electrical equipment is safe for you to be around. Some may give your device a wrong recording. Please read the booklet printed by the manufacturer.