**Pediatric Implantable Cardiac Loop Recorder**

**What is a loop recorder?**
A loop recorder is a small device placed in your body. It reads your heart’s rhythm. It sits just under the skin on your chest.

**You had a loop recorder placed on**
________________________________________
by Dr. ________________________

The company that made your loop recorder is Medtronic™

**Why was the loop recorder placed?**
Loop recorders read abnormal heart rhythms. These rhythms may cause symptoms of fast heart rate, dizziness, or fainting. The loop recorder sends information (also called data) if it senses a very fast or slow heart rate. When you feel symptoms, it stores data about your heart rhythm and saves it. Saving can be done by using the patient assistant device.

Carry your Medtronic™ handheld patient assistant device with you so you have it when you feel symptoms. When you feel faint, or dizzy, or feel fast or pounding heart beats, use your device. This marks the event on your loop recorder. The data is sent to your cardiology providers.

**How to Use the Handheld Patient Assistant Device**
If you feel symptoms, put the device over the loop recorder and push the button. This saves the heart rhythm data at the time of the symptoms. The data is sent to your cardiology provider who can see what your heart rhythm was doing at that time. Please contact the Pediatric Cardiology clinic to notify them of your symptoms.

**How to Use the Medtronic™ Carelink Monitor**
This is used to send us data from your loop recorder. The Carelink monitor should be placed within 6-8 feet of where you sleep. It will check the loop recorder every night and send data if certain rhythms or heart rates have been found. You also use this monitor to send data about your symptoms. If you have questions refer to the Patient Manual that was given to you at the time your loop recorder was placed.

We ask you to send data every 3 months from home using your Medtronic™ Carelink monitor to check the loop recorder. We also check the loop recorder when you are seen in clinic.
Caring for the Incision Site
Derma Bond “clear glue” was applied to the site. This should slowly come off over the next 1-2 weeks. If you see steri-strips (thin pieces of tape), these should be left in place until they fall off on their own. If there is a dressing over the site, this can be taken off the next day. Keep the site open to air for best healing.

You may shower the day after the loop is placed. Let the soap and water run down over the site. To keep the site clean do not scrub or rub it until the glue has come off.

Do not use any lotions or ointments over the site. As it heals you may feel itching. This is normal. Do not scratch or rub the site.

Look at the site every day for any signs of infection:
- Redness
- Swelling
- Drainage
- Warmth over the site
- Pain that gets worse
- Fever (over 101°F)

If you notice any of the signs of infection, contact the Pediatric Cardiology Clinic the same day at 608-263-6420 option #2. Mild bruising of the site is normal.

Pain
If you have pain at the site, you may take Tylenol® or ibuprofen (Motrin®). An ice pack over the site may also decrease pain.

Activities
Avoid strenuous use of your left arm for one week after the loop recorded was placed. You may have activity limits based on your heart condition.

When to Call
- If there are any signs of infection.
- If you feel dizzy, faint or feel fast or pounding heart beats.
- If you are having any tests or surgeries. We may want you to send data from your loop recorder.
- Any questions.

Your Loop Recorder ID Card
You have been given a temporary ID card. Carry this with you always. You will receive the permanent card in the mail. Let people that you see for health care know that you have a loop recorder. For questions, they can contact Pediatric Cardiology Clinic at 608-263-6420 option #2.

Electrical Hazards
Most electrical gear is safe to be around. An MRI can be done with the loop recorder in place. It is safe to go through airport screening. Some electrical gear can cause your device to falsely detect odd heart rhythms. We are able to tell that it is false on the data that is sent from your device.

The Medtronic™ booklet provides more information or you can go online at www.medtronic.com.

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 © 11/2018 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8050