



Patient Information

What to expect on having an Implantable Loop Recorder (ILR) fitted

Why have I been given this leaflet?

This leaflet is to provide you with information on what to expect on having your Implantable Loop Recorder (ILR) fitted.

What is an ILR and why do I need one?

An ILR is an implanted electronic device which can record your heart rhythm for up to three years and is implanted if your doctor thinks you may have an irregular heart rhythm.

What preparation is necessary?

You will be asked to attend a pre-assessment appointment where a specialist cardiac nurse will explain the procedure to you and answer any questions you may have. You will be asked to give your consent for the procedure and to sign a consent form; as well as having a blood test. Please allow at least two hours for this appointment.

Please bring a list of all your medications (or their boxes) with you to your pre-assessment appointment.

Advice about whether you need to stop any medications prior to the procedure will be given by the pre assessment nurse.

On the day of the procedure

If you have been asked to arrive at 08:00 - please have a light breakfast before 06:30 and then nothing to eat or drink after that time.

If you have been asked to arrive at 12:00, please have nothing to eat or drink after 10:30.

Please take your medication as instructed. Please bring with you any medications which you take. You should be able to go home later the same day. You will need someone to take you home.



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How do they fit my ILR?

The procedure will be performed in the Wiltshire Cardiac Centre by a doctor or specialist cardiac physiologist.

The ILR is a small recording device about the size of your little finger which is placed under the skin near the centre of your chest. The procedure is done under local anaesthetic so the area in which your ILR is placed will be numbed. You will have a small incision about 1cm long which will be closed with steri strips, dissolvable surgical glue or dissolvable sutures. The procedure normally takes about 30 minutes.

What happens if I do not have an ILR fitted?

If you decide not to have an ILR fitted you may be at risk of having an undiagnosed cardiac rhythm abnormality. We can offer you an alternative non implanted short term form of cardiac monitoring. Please discuss this with your specialist nurse at your pre-assessment appointment.

What happens after the procedure?

After the procedure you will be able to eat and drink as normal.

A cardiac physiologist will see you before you leave hospital. They will provide you with an “activator” so that you can record your symptoms if they occur. In addition they will provide you with a home monitoring box for you to plug in at home. Full information on how to do this will be explained by the physiologist at this time.

You may feel some mild pain or discomfort during the first few days, so you may wish to take pain relieving medication. Please use your normal pain relief tablets.

There may also be some bruising where the ILR is inserted. This usually passes within a few days.

Follow up appointments:

You will receive an appointment to see the cardiac physiologists two weeks after having your ILR fitted; at which time the device and wound site will be checked. You will also have time to ask any questions you have. After this, your device will be checked through your home monitoring box. Your heart rhythm information is sent to the hospital via a remote connection whereby it will be checked by a physiologist and forwarded on to your Consultant, if necessary. Please be aware that this is not a 24 hour service and typically runs Monday to Friday 09:00 to 17:00. If you have any symptoms please use your activator as directed and telephone the department to let us know.



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Further information on your Home Monitoring Box:

On leaving hospital you will have been given a home monitoring box and when applicable, instructions on how to download a smartphone app. Research has shown that home monitoring has benefits of both keeping you out of hospital and increasing life expectancy.

Please plug the home monitoring box into a socket next to your bed or where you normally sleep and ensure that it remains plugged in at all times. Any recordings stored in your ILR will be sent to the hospital each evening. As such, if you are not going to be sleeping at home, please take your home monitoring box with you and plug in next to where you are sleeping.

If you require further information, please contact the cardiac device clinic on:

Administration queries: 01793 604250

Device queries/ symptoms: 01793 604257, Monday – Friday 09:00 to 17:00

Further information can be obtained from the British Heart Foundation website <https://www.bhf.org.uk/information-support/tests/implantable-loop-recorders>

From 1st January 2019 smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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