

Implantable Loop Recorder (ILR) System

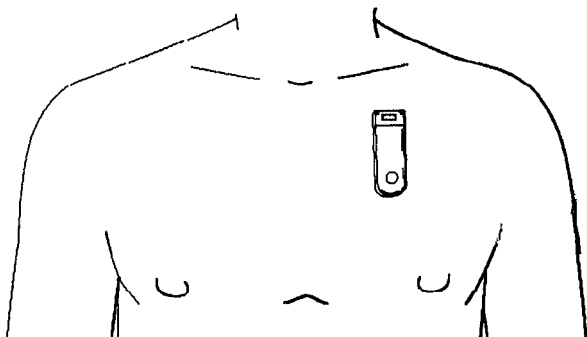
What is an Implantable Loop Recorder?

The ILR is a medical device, smaller than a pack of gum. It is placed under the skin in the upper chest through a small incision.

Why do I need the ILR System?

Your doctor has recommended this to help find the cause of your symptoms, which may include syncope (fainting), lightheadedness, dizziness, and palpitations. These symptoms may have many causes. One possible cause is a disturbance in your heart's rhythm, but this may not occur at the exact time you are visiting your doctor or undergoing special tests. The ILR can help your doctor find out if the cause of your symptoms is related to your heart's rhythm.

The ILR monitors your heart's electrical activity as an ECG, 24 hours a day, for up to 2 to 3 years. When you have symptoms or have had a fainting spell, you should signal the ILR with the Activator (see the next column). Then the ILR stores into its memory the electrical information that occurred before, during and after the symptoms. The ILR can also store abnormal heart rhythms automatically if programmed to do so.



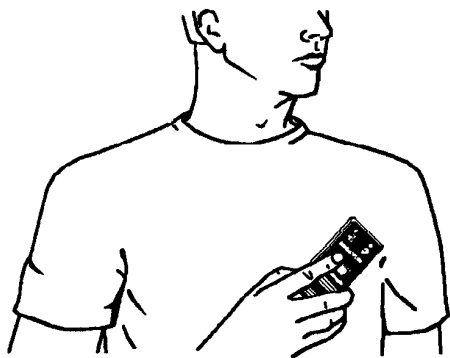
Based on information from your ILR, the doctor can decide on the best treatment for you.

How is the ILR implanted?

- Your chest area will be shaved and cleansed.
- A special cleansing solution will be applied to prevent infection.
- A sterile drape will be placed over the chest.
- Local anesthetic will be used to numb the area.
- Sedation and pain medication will be given through your IV to make you comfortable.
- A small incision is usually made on the left side of the chest, where the device will sense the heart rhythm.
- The device is placed under the skin.
- The device will be sutured in place.
- A dressing will be placed over the incision site. You will be told how to care for the incision at time of discharge.
- The procedure will take approximately 45 minutes.
- You will be observed until the effects of the sedation have worn off.
- You will need a responsible person to drive you home.
- Before discharge you will receive instruction on the use of the Activator shown below.


How will I use the ILR System?

You will carry a small hand-held device, about the size of a pager, called an **Activator**. When you, or someone else, place the Activator over the ILR and press the button, the ILR stores an ECG for your doctor to see. The ILR can record your ECG even if the Activator is used several minutes after the symptoms have passed (depending on how it is programmed). The ILR may be programmed to automatically record your ECG, but this is not a substitute for using the Activator. We will teach you how to use your Activator before discharge.



Your responsibilities

- Always keep your Activator with you in the preferred way – attached to your clothing or worn around your neck. This way you will be able to capture information about your heart's rhythm during your symptoms.
- Follow your doctor's or nurse's instructions regarding use of your Activator. Some units can transmit stored information over the phone. If your unit can do this, we will teach you how to use that function.
- Use your Activator near your ILR only when you want to store an ECG.
- After using the Activator to store an ECG, contact your doctor, nurse or technician. Or, transmit the event over the phone if your device has this capability and you have been taught how to do this.
- Carry your identification card with you.

IMPLANTED DEVICE IDENTIFICATION	
Insertable Loop Recorder	
Brand _____	Model No. _____
Serial No. _____	
Implant Position _____	
Date of Implant _____	
	

If your incision is covered with a liquid skin adhesive

- This sterile substance holds wound edges together. The film usually remains in place for 5 to 10 days, then will naturally fall off your skin.
- Do not scrub, rub or pick at the adhesive film. This may loosen the film before your wound is healed.
- Do not place tape directly over the liquid adhesive because removing the tape may also remove the film.
- Protect the wound from prolonged exposure to sunlight or tanning lamps while the film is in place.
- Do not apply liquid or ointment medications or any other product to your wound while the adhesive film is in place.
- You may occasionally and briefly wet your wound in the shower or bath. Do not soak or scrub your wound. Do not swim and avoid periods of heavy perspiration until the adhesive has naturally fallen off.

If your incision is closed with Steri-Strips

- Wash your incision gently with mild soap and water. Gently dry the area. You may shower 2 days after your implant, but do not directly spray or scrub your incision.
- Allow the Steri-Strips to fall off; do not pull them off.
- If you have a clear dressing over the incision, ask your doctor when it should be removed.

Watch your incision for signs of infection such as fever, redness, swelling, tenderness or drainage. Report these to your doctor right away.

About the battery

The battery lasts about 2 years. The doctor will decide when the device should be removed.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem. Aurora Health Care is a not-for-profit health care provider and a national leader in efforts to improve the quality of health care.