

Implantable Loop Recorder (ILR)

This leaflet provides detailed information about the procedure for implanting an Implantable Loop Recorder (ILR). It outlines the benefits, potential risks and available alternatives. If you have any questions or concerns, our team of doctors and nurses are readily available to assist you.

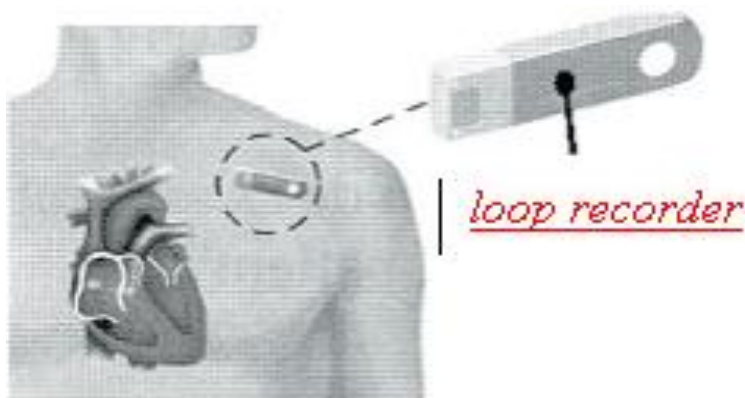
CONFIRMING YOUR IDENTITY

To ensure your safety, our staff will verify your identity before any treatment or procedure. You will be asked to provide your name and date of birth and, if you are wearing an ID band, it will be checked. In the absence of an ID band, you will also be asked to confirm your address.

If these identity confirmation steps are not followed, we encourage you to remind us to perform them. Your safety is our primary concern.

What is an implantable loop recorder (ILR)?

An ILR is a small, thin device, smaller than a USB / memory stick which is put under your skin to record your heart activity.



It automatically monitors and records your heart's electrical activity similar to an ECG. However, a loop recorder can record heart rhythm for up to three years. You can also self-monitor using an activator or an application downloaded to your phone that will record periods of your heart rhythm if you have symptoms.

Why do I need an ILR?

You may be experiencing symptoms, such as palpitations, dizziness or loss of consciousness (blackouts / fainting), that may indicate an abnormality with your heart rhythms. These rhythm abnormalities can be very infrequent and difficult to capture on external heart monitors.

An ILR recorder allows monitoring of your heart rate and rhythm over a longer period. This may help us to find the cause of your symptoms and offer treatment as necessary.

What are the risks?

There is a small risk of bleeding, bruising and infection at the device insertion site. Your doctor or arrhythmia clinical nurse specialist (CNS) will discuss these risks with you before the procedure.

What are the benefits?

The diagnosis of a rhythm abnormality sometimes needs more than symptoms alone and an ECG monitoring may be required. An ILR recorder is often recommended where other monitoring options have not found a cause/diagnosis. Because the ILR can record for up to three years it allows monitoring of your heart rhythm over a longer period thus increasing the chances of recording sporadic rhythm events.

Are there any alternatives?

Holter monitors are often used in detecting arrhythmias but due to their short monitoring period (24 to 48 hours), they may not pick up your rhythm abnormality. This is why the loop recorder has been recommended by your doctor as the most appropriate monitoring option for your symptoms.

Consent

We must by law obtain your written consent to any operation and some other procedures beforehand. Staff will explain the risks, benefits and alternatives before they ask you to sign the consent form. If you are unsure about any aspect of the procedure or treatment proposed, please do not hesitate to speak with a member of staff again.

Implantation of an ILR

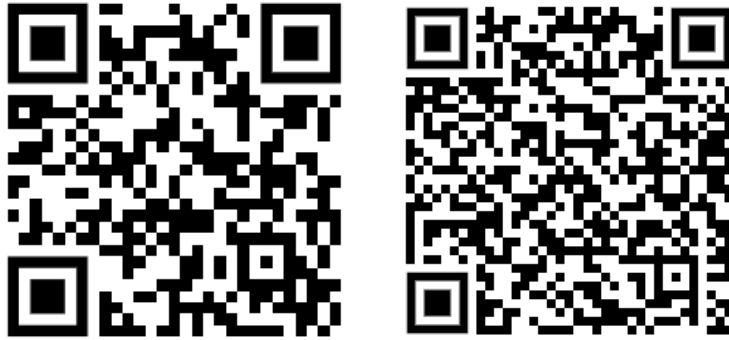
For the implantation of the Implantable Loop Recorder (ILR), we will first administer a local anaesthetic to numb the area of insertion. This ensures that the procedure is as comfortable for you as possible. Following this, we will make a minimal incision to facilitate the insertion of the ILR device. This device is typically positioned beneath the skin in the upper chest area.

Once we have confirmed that the device is correctly positioned, we will proceed to close the incision. This is done using a skin adhesive and Steristrips, also known as paper stitches. These materials help to secure the wound and promote healing.

Finally, we will cover the area with a wound dressing to protect it and maintain cleanliness. To help you better understand the procedure, we recommend watching a video demonstration or scan the **QR code below** before your implantation.

Please note that this is a general description of the procedure, and the actual process may vary depending on individual circumstances.

<https://www.medtronic.com/uk-en/patients/treatments-therapies/heart-monitors.html>



How long does the procedure take?

It takes about 15 to 20 minutes. You will be seen as a day case so you will not need to stay in the hospital and are estimated to be with us for about 60 minutes.

What happens after the procedure?

The specialist will go through how the device works and explain the process.

We will give you a booklet with information relevant to your type of loop recorder and an ID card which has important information about your loop recorder and its settings.

Please carry this card with you at all times, in case this information is needed urgently.

What happens when I go home?

You may have some pain at the insertion site of the ILR so take it easy for the rest of the day and take some paracetamol if needed. You are fine to go back to normal activities the next day.

Keep the wound clean and dry and remove the dressing and paper stitches four days post-implantation.

Follow up

You will be seen in the Device clinic at approximately six to eight weeks post-implantation of your device. You will then have a routine remote home monitoring every six to twelve months or sooner if you have any symptoms and / or activate the device.

Removing your ILR

Once your heart's activity has been recorded during your symptoms and your cardiologist is satisfied that any heart-related causes are identified or excluded, the device will be removed.

The removal of the ILR is similar to when you had it implanted and can be carried out in a day clinic.

Contact us

If you or your family have any general queries or concerns about this procedure, contact the

arrhythmia clinical nurse specialists or the Device clinic. Please leave a message and we will return your call as soon as possible.

Tel: 020 8725 4140, 9 am to 5 pm Monday to Friday (Nurses)

Tel: 020 8725 1372, 9 am to 5 pm Monday to Friday (Physiologist/device team)

Email: stg.arrhythmianurses@stgeorges.nhs.uk

In an emergency, call 999 and ask for an ambulance.

Useful sources of information

- [Home - AF Association - UK \(heartrhythmalliance.org\)](http://heartrhythmalliance.org)
- www.arrhythmiaalliance.org.uk/
- www.bhf.org.uk
- www.gov.uk/government/organisations/driver-and-vehicle-licensing-agency

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough wings.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS UK

The NHS provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. **Tel:** 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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