

Department of Cardiac Investigations

Implantable loop recorder (ILR) aftercare and your home monitor

You've have had an implantable loop recorder (ILR) fitted. This will detect if your symptoms are due to an abnormal heart rhythm and detect any abnormal rhythms that may happen without any symptoms. Your ILR monitors your heart rhythm and automatically records any abnormalities.

You've been given a home monitor. This will send the ILR recordings to the Pacemaker Team in the Department of Cardiac Investigations.

How the home monitor works

You will need to set up your home monitor at home. We will give you instructions on how to do this. It is important that:

- your home monitor is plugged in near where you sleep.
- your home monitor remains plugged in **all the time**.

The home monitor can transmit abnormalities detected on your ILR automatically and manually.

- Automatic transmissions happen each night without you having to do anything.
- Manual transmissions are needed for your remote appointment or when we ask you to send us one.

Your home monitor has come with instructions on how to do a manual



Patient Information

transmission. You **do not** need to send a manual transmission daily.

What happens when we receive the recordings?

If we receive anything significant from your ILR, we will contact you to discuss this. We will **not** contact you if no abnormalities are detected.

What you need to do for your remote appointment

Occasionally you will receive a remote appointment for your ILR. These appointments may increase in frequency as your ILR battery ages. You **do not** need to go to the hospital for these appointments or call us. We need you to send a manual transmission the day before your remote appointment. This ensures we have all the relevant information ready for the remote clinic the next day.

Will you receive a phone call on the day of your remote appointment?

No. You will not receive a telephone call on the day of your appointment, and we **will not** write to you with the results. We will send a new remote appointment in the post.

We will contact you if:

- we need to discuss any significant findings.
- we do not receive your ILR information.

If you have symptoms

You may have been given a symptom activator to record your heart rhythm during a symptomatic event. We will provide instructions on how to use this. Please be aware, you may not have been given a symptom activator, depending on the reason for your ILR.

- If you feel **well** but have significant symptoms that the ILR was implanted for, please contact the department so we can review your recordings.

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- If you feel **unwell** and feel it's needed, please seek urgent medical attention, or call for an ambulance. The ILR service is **not** a replacement for urgent or emergency services if you feel unwell.

Who to contact if you're having issues with your home monitor

Please call BeConnected (see useful telephone numbers).

Why does the home monitor light up from time to time?

To perform home monitor updates. During an update, the screen may prompt you to press the button, please **ignore** this. This process does not affect the function of your monitor or ILR. If this continues to occur daily over a prolonged period, please contact BeConnected (see useful telephone numbers).

What do you do if there is a power cut, or you need to move the home monitor?

A power cut shouldn't affect the home monitor. It will function as usual once the power is restored.

If you need to move the home monitor, for instance if you move house or where you sleep, unplug the monitor, and plug it in to the new location.

ID card

We will provide you with an identification card with details about your ILR to carry with you. You may need to show this at airport security or if you're due to have a hospital procedure.

If you're away for a night or on holiday

Take your ID card with you. The home monitor can be left at home. If you're due to be away for more than 2 weeks, please contact the department to inform us.

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Can you have an MRI scan whilst you have an ILR?

Yes. Please inform the radiographers so that they're aware. There is a small risk that the ILR memory can be deleted when having an MRI. We recommended you send a manual transmission before having the MRI scan.

If your ILR is uncomfortable and causing you discomfort

Please call the department and we will discuss this with you.

When the battery is low

Depending on the manufacturer, an ILR battery can last up to 4 years. We'll write to you when the battery is low. We'll also write to your referring consultant to inform them. You can have your ILR removed if you want. We will send you more details about this at the time.

What shall I do with my home monitor when I no longer need it?

You can dispose of the home monitor at a recycling centre for electrical items, or you can order a free return pack by contacting BeConnected (see useful telephone numbers). Please do not return your home monitor to the hospital.

Further information

If you have any questions about your ILR or any symptoms, please call the department. If you have a question regarding your home monitor, please call BeConnected (see useful telephone numbers).

Useful telephone numbers

Department of Cardiac Investigations:

024 7696 6419, Monday – Friday 8:45am – 4:45pm

BeConnected:

00800 266 632 82, or if calling from abroad or using a mobile phone, +44 (0)1923 202543, Monday to Friday 8am – 4pm

Patient Information

Arrhythmia nurses: 024 7696 4794

UHCW switchboard: 024 7696 4000

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6419 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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Document History

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