

## Department of Cardiac Investigations

# Implantable loop recorder (ILR) aftercare and your monitoring app

You've 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 have been asked to download an app that will send the ILR recordings to the Pacemaker Team in the Department of Cardiac Investigations. If you don't have a compatible smartphone or tablet, we can give you a device that has the app installed already.

### How the app works

We will give you instructions on how to set up the app for your ILR. You must keep the app open and running in the background, and your Bluetooth and internet (data or wi-fi) **turned on at all times**.

You must keep your smartphone/tablet, or the device we have given you, close to you when possible, even while sleeping. This is so any abnormalities detected by your ILR can be automatically sent to the hospital.

### 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.



## Patient Information

### What you need to do for your remote appointment

Occasionally you will receive remote appointments for your ILR. These appointments may increase in frequency as your ILR battery ages. You **do not** need to go to hospital for these appointments or call us. You do not need to do anything with your app. All the information we need for the appointment has already been transmitted to us automatically.

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

No. You will not receive a phone 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 be able to record symptoms from the home screen of the app and instructions on how to do this will be provided. Please be aware, depending on the reason for your ILR, you may not be able to record symptoms from your app.

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

Please call the helpline of the manufacturer of your ILR (see useful telephone numbers).

- BeConnected for a **Medtronic** ILR or Merlin for an **Abbott** ILR.

## Patient Information

### **ID card**

We will provide you 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. Please leave your app open and running in the background of your smartphone/tablet or device we have given you, and make sure that Bluetooth and internet are on. This is so we can still receive transmissions. If this is not possible then don't worry, please make sure the app is working again when you can.

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

Yes. Please inform the radiographers so they're aware. There is a small risk that the ILR memory can be deleted when having an MRI. We recommend making sure that your app is working before your scan, so any abnormalities transmitted to the hospital are up to date.

### **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 app when I no longer need it?**

Your app can be uninstalled. If you have been given a device by the hospital, it can be disposed of at a recycling centre for electrical items. Please do not return your device to the hospital.

## Patient Information

### Further information

If you have any questions about your ILR or any symptoms, please call the department. If you have a question regarding your app, please contact the manufacturer of your ILR (see useful telephone numbers).

### Useful telephone numbers

#### Department of Cardiac Investigations

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

#### BeConnected (for a Medtronic ILR)

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

#### Merlin (for an Abbott ILR):

0800 389 2714, Mon – Fri 8am – 3pm

Or email: [UK-Ireland-Merlin-Queries@abbott.com](mailto:UK-Ireland-Merlin-Queries@abbott.com)

**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 76 96 6419 and we will do our best to meet your needs.

The Trust operates a smoke-free policy.

## Patient Information

### Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



#### Document History

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