



Northumbria Healthcare
NHS Foundation Trust

Implantable Loop Recorder insertion

Issued by Cardiology



An implantable loop recorder is a recording device used in the investigation of unexplained blackouts or other symptoms such as light-headedness, dizziness or palpitations. It is smaller than a paperclip and is implanted under the skin of the upper part of your chest. It continuously monitors the rate and rhythm of your heart for up to 3 years. Should you develop your symptoms the loop recorder can tell us about your heart rate and rhythm at that time. This is done using a hand-held, mobile-phone sized activator that you should carry at all times.

What should I do before my loop recorder implantation?

If for medical reasons you need help with transport to get to the hospital please contact:

- Patients who live in **Northumberland** and **Newcastle** should contact NEAS PTS Contact Centre on 0191 2151515.
- Patients who live in **North Tyneside** should contact ERS Medical on 0191 3017687.

On the day of the procedure you will be asked to present to the Cardiology Department at Wansbeck Hospital. Please continue to take your medication as prescribed by your doctor.

If you have a hairy chest then the area where the device is to be fitted may be shaved. This will be done by the team at the hospital. You should **not** do it yourself. You will be asked to sign a form giving your consent for the procedure. The risks involved will be outlined and you will have the opportunity to ask any questions.

What happens during a loop recorder implantation?

Having a loop recorder implanted is a safe and straightforward process. It is done under local anaesthetic and takes 20-30 minutes to complete. You will be awake and aware of what is happening. The device is placed under the skin over the heart on the left side of the chest. The wound will be closed with steristrips (paper stitches). A sterile dressing will cover the wound.

What happens after the procedure?

A member of the Cardiac Rhythm Management team will instruct you on how to use the activator for the loop recorder correctly and what to do afterwards. Transport home can be arranged should it be needed. You should tell the nursing staff on the day of the procedure if this is the case.

The wound will be a little bruised and sore for 1-2 days and you should take simple painkillers if needed. After going home, if you experience significant discomfort, inflammation or oozing from the wound you should contact the Cardiac Rhythm Management department.

Where can I find more information?

British Heart Foundation

www.bhf.org.uk/heart-health/tests/implantable-loop-recorders

Arrhythmia Alliance

www.heartrhythmalliance.org/aa/uk/diagnosis

Contact information

Cardiology Admin Assistant

Wansbeck General Hospital

01670 529480

Cardiac Rhythm Management

Wansbeck General Hospital

01670 529794

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

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General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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