



Northumbria Healthcare
NHS Foundation Trust

Loop recorder step by step guide

Issued by cardiology

What your loop recorder is for:

- recording and capturing your typical symptoms by pressing an activator
- the loop recorder records abnormal heart rhythms automatically (e.g. slow, fast, consecutive extra beats or irregular rhythms)

If you have any problems or severe symptoms such as a blackout please ring the department (phone number below), We will talk you through the process and discuss symptoms.

Please note: the device does not analyse ‘chest pain’. If you have chest pain you should seek appropriate medical attention.

If you need urgent medical attention but it is not a life-threatening situation, you should first call 111. If you think life is at risk, you should call 999.

Occasionally we may need to contact you to discuss your symptoms when you have made a recording.

Setting up your home monitor

On the day that you have your implant we will set up the home monitor. so that it is ready for you to plug in to your bedside electrical socket when you get home. **The home monitor transmits the information from the loop recorder to the department.** Make sure the home monitor is plugged into the electric mains at all times.

Please note: all recordings are stored in the loop recorder (implanted in your chest) not the activator.

Any questions

Please contact 0191 293 4383 (from Monday to Friday between 8.30am and 4.30pm) Answer phone is available.

Alternatively:

- 0191 293 2720: North Tyneside General Hospital (from Monday to Friday between 8.30am and 4.30pm) Answer phone is available.
- 01670 529 794: Wansbeck General Hospital (from Monday to Friday between 8.30am and 4.30pm) Answer phone is available.

For Reveal LINQ patient

After your implant you will have:

- Reveal LINQ Loop Recorder (which will be implanted in your chest)
- Activator
- Home monitor

Reveal LINQ Loop Recorder



Home monitor

Activator



Activator

The activator is the tool used to command the LINQ to record your heart rhythm when you have your typical symptom. Please press the button on the activator to record your typical symptoms only (the reason we implanted the device). A blue light should light up. Then you need to place the grey part of activator directly onto your chest over the LINQ device and clothing, after a few seconds the light colour will change to yellow and you will hear a beep which means the recording was successful. If you do not have your activator to hand at the time of your symptom, please try to write down the date/time of your symptom and how you felt which will allow us to see if any of the automatic recordings correlate with your symptoms

Manual transmission

Every time after using the activator when you have had a **typical symptom**, please use the home monitor for a “manual transmission” (please leave approximately a minimum of 15 minutes between activation and manual transmission in order to allow the recording to complete). To make a ‘manual transmission’ follow the picture instruction guide in the booklet from step 5. The home monitor will also prompt you with pictures on the screen.

For Biomonitor III patient

After implant you will have:

- A. Biomonitor III Loop Recorder (which will be implanted in your chest)
- B. Activator
- C. Home Monitor



A.



B.



C.

Activator

The activator is the tool used to command the Biomonitor III to record your heart rhythm when you have your typical symptom.

Please press the button on the activator to record your typical symptoms only (the reason we implanted the device). A blue light should light up. Then you need to place the light blue part of activator directly onto your chest over the Biomonitor III device and clothing, after a few seconds the light colour will change to green and you will hear a beep which means the recording was successful. If you do not have your activator to hand at the time of your symptom, please try to write down the date/time of your symptom and how you felt which will allow us to see if any of the automatic recordings correlate with your symptoms

Telephone numbers

Questions?

Please contact the Cardiac Rhythm Management 0191 293 4393

Alternatively: 0191 293 2720 North Tyneside General Hospital
01670 529 794 Wansbeck General Hospital

If no one is able to answer the phone please leave your name, state what type of device you have (pacemaker/ICD/Loop Recorder) and the best phone number to contact you on.

We will ring you back as soon as possible but please note if you ring outside of office hours we may not receive your message until the next working day (Monday to Friday from 8.30am to 4.30pm).

If you have a medical emergency e.g. receiving multiple shocks or blacking out please go straight to A&E with your ID card.

Additional information can be found at

British Heart Foundation: <https://www.bhf.org.uk/>

Arrhythmia Alliance: <http://www.heartrhythmalliance.org/aa/uk>

DVLA Guidelines:

<https://www.gov.uk/government/publications/assessing-fitness-to-drive-a-guide-for-medical-professionals>

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: 07815 500015

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries 03 44 811 8111

www.northumbria.nhs.uk

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