For further information visit:
www.lhch.nhs.uk
www.nhsdirect.nhs.uk
www.bhf.org.uk
www.dipex.org

Or contact:
The British Heart Foundation Heart Information line on 0845 070 8070

If you require a copy of this leaflet in any other format or language please contact us quoting the leaflet code and the language or format you require.

A device that records heart rhythms
Fasting guidelines prior to your procedure
You will be instructed when to stop eating or drinking on your admission letter. It is most important to note that you should fast for the specific length of time stated in the letter and not for a shorter or longer period of time. This is to ensure you have a safe procedure.

If you fast for too short a time it may result in your procedure being postponed or cancelled. If you fast for a longer period of time this may result in you becoming dehydrated (too little fluid in the body) which can lead to complications during or after your procedure.

For example - if your letter asks you to fast from midnight – it is safe to eat and drink up until this time therefore you can have a snack and a drink after your evening meal or before you go to bed.

If you have any queries regarding the length of time you need to fast please contact your consultant’s secretary, the number will be given on your admission letter.

What are the benefits of having a Implantable Loop Recorder?
It is possible that blackouts and fainting may be a result of an underlying cardiac problem. An Implantable Loop Recorder may have been recommended if other tests have not been able to identify a cause. Although it is not a treatment for these symptoms it will allow your doctor to examine the information stored in the device if you experience further episodes. Your doctor may then be able to identify or rule out any cardiac problems.

What alternatives do I have?
Other tests include ECGs or Holter tests. ECGs and Holter tests both involve recording heart rhythms over a short period of time. You may not however experience symptoms during this time.

What are the risks involved?
The procedure is usually very safe and is performed regularly in this hospital.

There is a small risk of bleeding and infection to the wound site.

Any risks involved with the procedure will be discussed with you in more detail before you sign a consent form.

What can I expect after the procedure?
Once the device is implanted you will be taken back to the ward. Your blood pressure, heart rate and wound site will be checked regularly. You will be able to eat and drink.

When can I resume normal activities?
You will normally be able to go home the same day. You will be given advice on how to care for your wound after you leave hospital and what to do if you notice any redness, swelling or discharge. This advice will be discussed in more detail before you go home and you will be given a discharge advice sheet.

How long does the device stay in?
The device is designed so that it can remain in your chest for up to 1 year if necessary. You will be informed how to activate the device if you experience any symptoms.

Your doctor can examine any information recorded by the device and determine if you require treatment. If treatment is required any treatment options will be discussed with you.