Oxford Heart Centre

Discharge advice after your Implantable Loop Recorder (ILR) procedure

Information for patients
This booklet contains important advice about your discharge from hospital after your procedure to implant an Implantable Loop Recorder (ILR). It contains information about what to do when you get home and how to maintain a healthy lifestyle. Please read it carefully.

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Discharge summary

The procedure you had was:

☐ Loop recorder implant

The device you have received is a:

................................................................. loop recorder

☐ Loop recorder explant

Your consultant is:

.................................................................

After your discharge from hospital we will send a summary of your hospital stay to your GP or to the Consultant who referred you, explaining your outcome and planned treatment.
Follow-up

Although you have an implantable loop recorder, you will be seen in the pacemaker clinic after 6-8 weeks. You will then have a routine appointment in the pacemaker clinic every 6-12 months, or sooner if you have any symptoms and/or activate the device.

It may be possible to arrange home monitoring. If you have a loop recorder that can do this, we will not review you again in the pacemaker clinic, only via the home monitor.

Transport to your outpatient appointments

If you have difficulty in getting to your outpatient appointments, your GP surgery may have the phone numbers of voluntary transport schemes which operate at subsidised rates. If you live in Oxfordshire, a directory of these services is available at www.communityfirstoxon.org/
What to do when you get home

After your procedure you should have a quiet evening resting.

If you have had sedation, in the next 24 hours:
• do not go to work
• do not drive a motorised vehicle (your insurance will not cover you – see ‘Driving’ section for more details)
• do not operate machinery
• do not make important decisions
• do not sign legally binding documents
• do not drink alcohol.

You may eat and drink as normal and can sleep in your usual position at night time.

The next morning you can have a bath or a wash, but it is very important to keep the wound completely dry for the first seven days after your procedure.
Wound care

The wound dressing should remain in place for seven days. If the dressing appears dirty you can replace it with a new one. Your nurse will give you a supply of replacement dressings before you are discharged.

If there are any small strip adhesives (Steristrips) underneath the dressing they should be left in place. They will come off on their own within a week. You may have a small stitch closing the wound. We will give you more information about this, if needed.

To help the wound to heal, you should avoid raising your arm above shoulder level on the side of the loop recorder for the next 48 hours. However, it is important to keep your shoulder relaxed and gently move it regularly, to prevent a ‘frozen’ shoulder.

It is also important to avoid lifting anything heavy (such as shopping bags, garden rubbish) until the wound has healed.

It is rare for serious complications to occur after this procedure. The most common problem is skin bruising around the loop recorder site. This may be uncomfortable for a few days. If you notice swelling, redness, bleeding or pus, or any other discharge from the wound, you must contact the Cardiac Rhythm Management Office at the John Radcliffe Hospital immediately.
Tel: 01865 220 981

If you are calling after 4.00pm, you can leave a message or go to your nearest hospital to have the wound examined.

Bleeding

It is rare to have severe bleeding from the loop recorder site once you are at home. If bleeding does occur, you should contact your GP surgery or go to your local minor injuries unit or emergency department. Please take this booklet with you.

Though bleeding is rare, if you have had your procedure carried out as a ‘day patient’ (returning home on the same day), you will need someone responsible to stay with you overnight on the day of your procedure, just in case there is a problem.
Driving

There are DVLA driving restrictions which apply in certain circumstances. Driving restrictions vary depending on the reason for the device and your medical history. We will give you specific advice about when you can start driving again.

(Your nurse will tick the section which is relevant to you.)

☐ After a loop recorder implant, DVLA regulations and vehicle insurance companies restrict you from driving, depending on the reason why you have had a loop recorder fitted. Your doctor and nurse will advise you if there are driving restrictions applicable to you – please make sure that you are aware of these before you leave.

☐ After a loop recorder explant (removal) there are no restrictions on driving, unless you have an underlying medical condition which still needs to be investigated.

☐ Your nurse and hospital doctor will confirm with you when you can start driving again:

.......................................................................................................................... (date you can start driving again)

DVLA
Tel: 0300 790 6806
Website: www.gov.uk/contact-the-dvla

Return to work

You may return to work from:

..........................................................................................................................
Changes in your medication are either listed below or we will give you an information sheet explaining your medication. Your nurse will go through this list with you.

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Anticoagulants

☐ If you usually take a medicine called warfarin, rivaroxaban, apixaban, dabigatran or edoxaban, and you were advised to stop taking this before your procedure, your nurse will tell you when to begin taking it again.

Date to re-start taking anticoagulant: ....................................................
Loop recorders

If you have had a loop recorder implant procedure you will be given:

☐ A special loop recorder card, which has important information about your loop recorder and its settings. Please carry your loop recorder card with you at all times, in case this information is needed urgently.

All information relevant to your particular kind of loop recorder can be found in the company booklet, which will be given to you after your procedure.

☐ An activator, which you should carry with you at all times in case the loop recorder’s memory needs to be activated.

☐ A contact number for the Cardiac Rhythm Management office, in case you have had to activate your loop recorder and we need to look at the information that it has stored.

Tel: 01865 220 981
How to contact us

If you have any questions or concerns about your procedure within **48** hours of your discharge, please contact the ward you were a patient on.

Ward:  
Tel: 01865  

If you are calling after 9.00pm please telephone the Cardiology ward.

Tel: 01865 572 675 or 01865 572 676

Please be ready to give the following details:

- your name
- date of birth
- your NHS or Hospital number (if close to hand)
- when you were admitted
- the procedure you had
- the name of your Consultant.

**This will help us to access your records more quickly and to liaise with your medical team, if needed.**

**After 48 hours, please contact your GP for advice.**
Further information

This booklet is designed to complement other publications available about heart disease and cardiac procedures. The British Heart Foundation produces a number of patient leaflets, which can be ordered from them or downloaded from their website.

**British Heart Foundation**
Tel: 0300 330 3311  
Website: www.bhf.org.uk

**Arrhythmia Alliance**  
Website: www.heartrhythmalliance.org

You may also find useful information on the NHS Choices website:  
Website: www.nhs.uk

Our hospital website has information on all our Cardiac services:  
Website: www.ouh.nhs.uk
This booklet has been produced through the collaboration of doctors, nurses, cardiac physiologists and patients. We welcome your feedback.

If you have any comments about the content of this booklet please put them in writing to:

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Cardiac Medicine
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John Radcliffe Hospital
Oxford OX3 9DU

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call 01865 221 473 or email PALS@ouh.nhs.uk

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