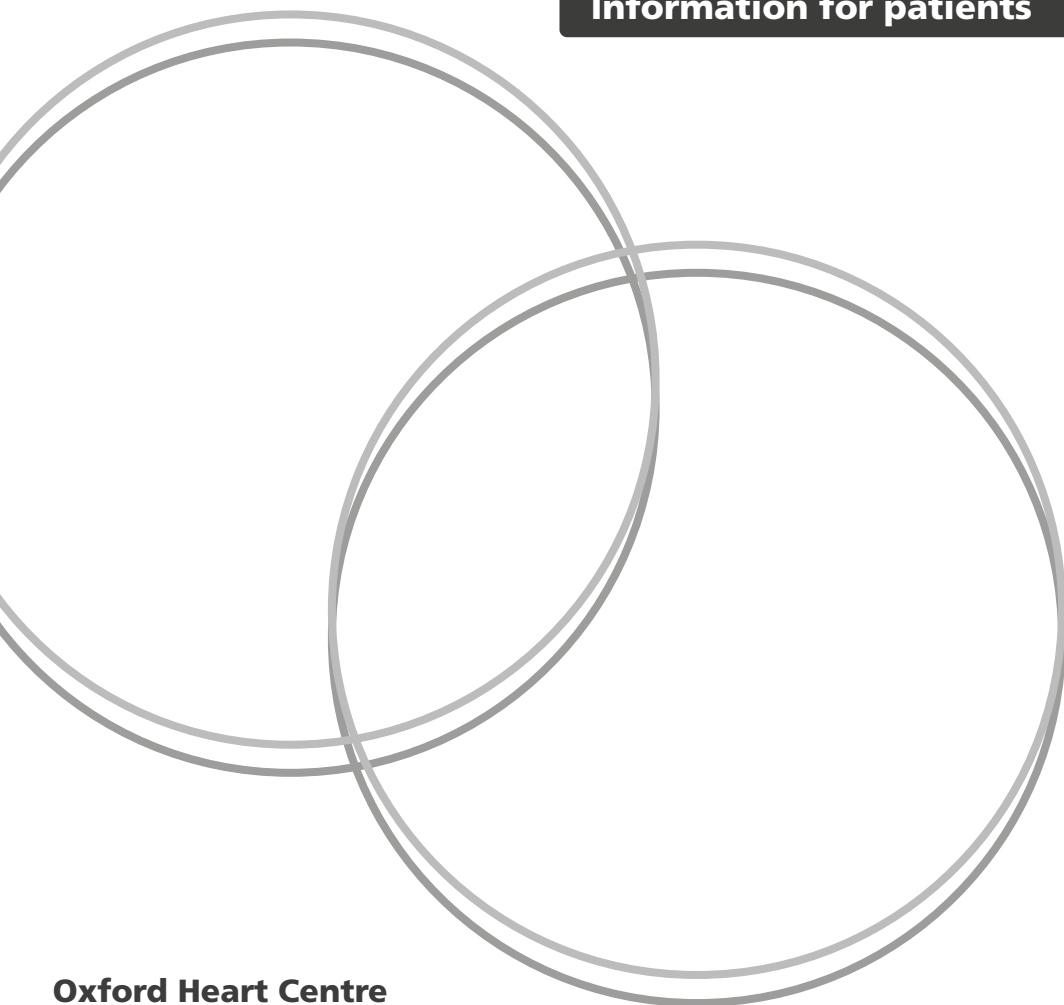


Discharge Advice After Your Implantable Loop Recorder (ILR) Procedure

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:

.....



Reveal Linq™ Insertable Cardiac Monitor

Follow-up

You will be given a bedside transmitter that will connect with your ILR. This means we can remotely monitor your ILR from home. It will check in with your ILR routinely every night and send us any potential alerts. It will do this automatically, providing it is in the same room that you sleep in.

We will only call you if there are any issues and you will not be routinely followed up in person.

In addition, should you experience symptoms you could contact the CRM department, who will be able to assess if your symptoms correlated to any abnormal heart rhythms.

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**](http://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.

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.

Telephone: **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

Telephone: **0300 790 6806**

Website: **www.gov.uk/contact-the-dvla**

Return to work

You may return to work from:

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Medication

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.

Telephone: **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:

Telephone: **01865**

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

Telephone: **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

Telephone: **0300 330 3322**

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:

Practice Development Nurse

Cardiac Medicine

Cardiac Angiography Suite

Level -1, Oxford Heart Centre

John Radcliffe Hospital

Oxford OX3 9DU

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



Making a difference across our hospitals

charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)

