



Implantable Loop Recorder (ILR) Preparation

THE MONITOR

What is an Implantable Loop Recorder (ILR)?

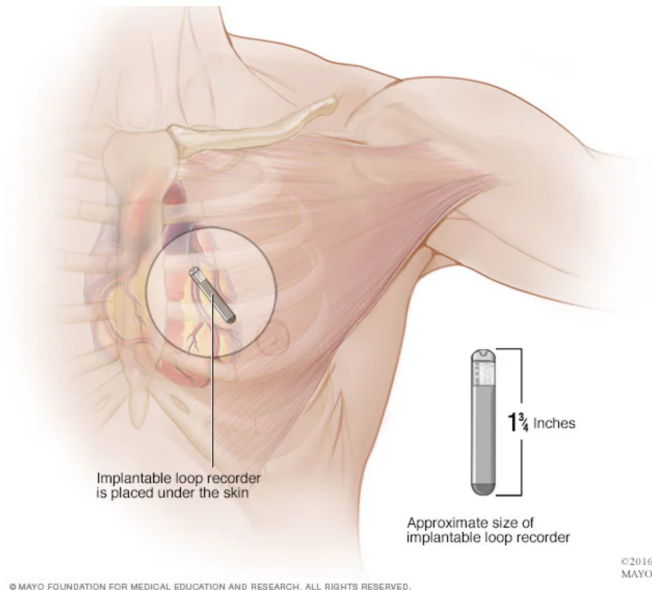
An Implantable Loop Recorder (ILR), also known as an Insertable Cardiac Monitor (ICM), is a small device that is inserted under the skin of your chest to continuously monitor your heart rate and rhythm.

How long will I have an ILR?

An ILR can record your heart rate for approximately 3 years, at which point it can be removed or replaced if indicated.

Why has my doctor recommended an ILR?

Your cardiologist has recommended you have an ILR placed for the purpose of long-term cardiac monitoring, to detect any potential arrhythmias (abnormal heart rhythms). Oftentimes, these are used to see if an arrhythmia was the cause of an unexplained stroke or syncopal episode (fainting). They can also be used to detect or monitor Atrial Fibrillation (A-Fib), a common heart arrhythmia.



THE PROCEDURE

How long does the insertion of an ILR take?

You should expect to be at our office for approximately 1 hour. First you will meet with a representative from the ILR device company to discuss the procedure and set up the monitor. Then you will be taken into the procedure room to meet with the doctor. The procedure itself takes approximately 15-30 minutes.

Who will be with me during the procedure?

The procedure will be conducted by our interventional cardiologist, Dr. Michael McArdle. He will be assisted by a medical assistant, and a representative from the Implantable Loop Recorder company. Friends or family are welcome to accompany you to the appointment, but will be asked to remain in the waiting room during the procedure to ensure sterility.

Is this a painful procedure?

The doctor will administer a local anesthetic to your chest to minimize any pain. You may experience slight discomfort as the anesthetic is injected and spreads through your skin. Afterwards, you may feel slight pressure as the monitor is inserted. If you feel any pain, simply ask your doctor for more numbing medication.

How is the device inserted?

After your skin has been numbed and sterilized, the doctor will make a small incision in your chest, and then inject the monitor with a sterile applicator. The incision will be sealed with Dermabond, a medical-grade adhesive, and covered with a sterile bandage.

AFTER-CARE**Can I drive myself home after the procedure?**

Yes, you may drive yourself home.

Do I have to limit any activities after the procedure?

Yes. You should avoid any strenuous activities (no heavy lifting >10 lbs, no pulling, no vigorous use of the arms) for approximately 1-2 weeks afterwards until the incision has fully healed. You may shower after 24 hours, but must avoid submerging the site (avoid bathtubs, pools) for 1-2 weeks until it has fully healed. You will be given more specific post-operative care instructions the day of your procedure. You will also be scheduled for a follow up 1-2 weeks after the procedure, at which you will be cleared to resume all activities.

Can I feel or see the monitor?

The monitor will be inserted just under the skin; it may appear as a small bump, or it may be entirely invisible. You may feel the monitor for a few days following the procedure as your body adjusts. However, many patients ultimately do not notice that the monitor is there.

Can I travel, or go through MRIs with the monitor?

Yes, you may safely proceed through airport security checkpoints or MRIs with the monitor.

I have more questions, who should I contact?

Please contact our office at 703-866-3131; we will be happy to answer any questions you may have, or schedule you for a consultation with the doctor beforehand. You may also utilize the following links for more information:

<https://www.mayoclinic.org/tests-procedures/implantable-loop-recorder/about/pac-20579708>

<https://www.cardiovascular.abbott/us/en/patients/treatments-therapies/cardiac-monitors/assert-ic-icm.html>