Implantable loop recorder/
Reveal monitor

New implant information guide
What is an implantable loop recorder/ Reveal?
An ILR is a sealed metal and plastic device, which contains a battery and electronic circuits. ILR are offered to patients who have symptoms/ possible symptoms that could be result of an arrhythmia.

The ILR is implanted under the skin on the chest. It records an ECG which allows it to monitor the hearts rate and rhythm. It cannot measure blood pressure or heart function. The device acts as a monitor so cannot intervene on any symptoms.

How does the ILR/ Reveal work?
The implanted device works by constantly recording and deleting on a loop. It will only store information in one of 2 ways.

<table>
<thead>
<tr>
<th>Symptom Activator</th>
<th>Automatic storage</th>
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<tr>
<td>By using your symptom activator</td>
<td>The device is looking for arrhythmias on its own. If it senses a fast rhythm, slow rhythm, or abnormal rhythm, the device will make a recording.</td>
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<tr>
<td>the device will record a 7.5 minute period. This is 6.5 minutes prior to pressing the button, and 1 minute after. This allows for you to recover from your symptoms, find the activator and use the activator.</td>
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How to work your symptom activator:
1. When you experience your symptoms, press and release the blue button. The searching light will start to flash blue.
2. Quickly hold the patient activator flat against your chest over the implanted device.
3. When a symptom is successfully marked, the success tone will sound and the success light will illuminate green. If this does not occur within 15-20 seconds, please repeat steps 1-2.
4. Please document why you used the symptom activator each time.

The device has a maximum storage of 4 symptoms recordings. If you make another recording, the device will delete the oldest recording. To try and avoid this please contact device clinic when you have used the device 3 times.

In case of an emergency please call 999. The device is only a monitor.

How to contact us:
Cardiac Physiologist                                          Tel: 0203 465 5855
Device Clinic, Clinic 5,                                        Arrhythmia nurses: 02037658844
2nd Floor, King George V,                                             Ward 3C: 02037658061
Barts Heart Centre,                                                     Ward 3AW: 02034655531
West Smithfield                                                        London, EC1A 7BE

When you get home

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<th>Do's:</th>
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<tr>
<td>Relax and rest for 24 hours.</td>
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<td>Have access to a telephone.</td>
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<td>Take your medications as instructed on discharge.</td>
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<td>Take oral painkillers as necessary.</td>
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<tr>
<td>Urgent- Call device clinic 9-5 Mon-Fri</td>
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<tr>
<td>Pus oozing from device site/ Large swelling over device</td>
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<td>Out of Hours</td>
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<td>If not able to contact device clinic go to local A&amp;E</td>
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Where can I get more information?
If you would like more information, advice and support regarding your cardiac device, please contact the device clinic. You are welcome to talk to a Physiologist about your concerns or we have Specialist Arrhythmia Nurses who you can arrange to see.

Also, there are external services below who provide support for patients with cardiac devices such as Arrhythmia Alliance and British heart foundation.
Device follow-up at Barts Heart Centre
At implant the Consultant or Nurse specialist and Cardiac Physiologist will set up your ILR to work the best way for your age and symptoms. In device clinic, the Cardiac Physiologist will view any episodes, monitor the device battery, and ensure your well-being and symptoms.

You should expect your first check 1 month after your device implant. After this check, your device should be checked at least once every 6 months. However, on some occasions we may need to see you more frequently. If this is necessary, it will be explained to you at your check.

1. Record Symptom Button
   Patient presses button to record ECG when symptomatic

2. Searching Light
   Flashes blue indicating the patient should hold the Patient Assistant over the Reveal LINQ™ ICM

3. Success Light
   Illuminates green when the symptom is successfully marked

4. Connection Slot
   Allows patient to attach the Patient Assistant to a key chain, lanyard, or other personal item

Traveling:
When traveling abroad you must inform the airport security staff that you have an ILR/Reveal. Please show your ID card to them, they may direct you to an X-ray or to be patted down/ hand-held scanned.

Do not panic if required to walk through the large magnetic metal detectors. You are likely to cause the detector to alert as your device is metal. It will not cause harm to the device.

They may also decide to use a hand-held scanner. Ensure you tell the security staff that you have an ILR/Reveal so they are aware this may set alarm the scanner.

If you are to be away for a long period (over 1 month) you can take your remote monitor with you. Please contact the device clinic about this.

Electrical equipment:
Your device has no limitations to electrical equipment that can be used with the device.

Hospital equipment:
Most equipment used in hospitals is safe, including X-rays, CT scans and mammograms.

Modern devices are safe with Magnetic resonance imaging (MRI) machines. If you are referred for a MRI scan, ensure the referring doctor is aware of your device and schedules a download with the device clinic prior to the MRI.

Ensure you inform the healthcare professionals that you have an ILR/Reveal before any procedures or investigations and take your ID card with you whenever you attend a hospital or dental appointment.

How long will my ILR last?
An ILR battery usually lasts between 3-4 years. When you come for your usual ILR check, the battery life on your device will be monitored. As the battery life on your device reduces, the frequency of your ILR follow-up will increase. This will be discussed with you during your appointment.
Remote monitoring:
Your ILR/Reveal can be monitored from home. It consists of a small transmitter that is kept in your home, usually in the bedroom. This transmits device information through mobile networks to a website, which Physiologists in device clinic can view. No changes can be made to the device but any abnormalities that are detected can be viewed remotely. Also, we can do some appointments through the remote monitor, saving your travel into clinic.

The above monitor is a Medtronic carelink monitor for a Medtronic Reveal device. The monitor automatically sends basic updates to the clinic every week. However, this is not a full download. To do a full download you have to make a manual transmission. Please only do this on the date of a scheduled download or when advised to do so by device clinic.

To make a full download press the grey button and follow the on screen instructions.

Troubleshooting contact numbers for remote monitoring in table below.

| Medtronic | 03301232112 |

Discharge information

ID card:
You will have been given an ILR/Reveal identity card. This includes your details and the details of your ILR/Reveal. You should always carry this card with you.

If you are admitted to another hospital, you should show this card to the healthcare professional looking after you. You will also be required to show this card when travelling through security at any airports. This will be discussed further in the ‘travelling’ section.

Wound:
For the first week keep your wound site clean and dry. Do not bathe the wound during this time and every 2-3 days change your dressing. Your wound will have been closed with steri strips. The table on the next page explains how long the dressing should be worn and when appointments with the GP should be made. You will be informed on discharge what you need to do and the type of stitch will be on your implant report.

Avoid wearing tight clothing over the wound until it has healed completely to avoid excess rubbing.

Infection at your wound site is a serious complication. If you notice any swelling, redness, pain or oozing from the wound, you must contact the device clinic immediately. It may be necessary for you to take antibiotics to try and prevent any infection from occurring or spreading.

You will probably be able to feel the device box under your skin, this is normal. It is important that you don’t try to move the device. The device site can be uncomfortable for the next few weeks to many months after implant, as your body becomes accustomed to the device. You may have trouble lying on your device side, this is normal and does get better with time.

If you ever notice the device site looking silvery or can see any of the device urgently call device clinic.

Driving:
There are no limitations to driving with this device.