

Caring for Your Internal Loop Recorder (ILR)

What you need to know

Who to Call

- If you have questions about your appointments, call the Cardiology Clinic at 206-598-4300.
- If you have a question about your procedure, care after your procedure, or your ILR follow-up, call your EP Nurse _____ at _____ weekdays between 8 a.m. and 4:30 p.m.
- For all urgent concerns call 9-1-1.
- Weekends, holidays, or after hours, call 206-598-6190 and ask for the Electrophysiology (EP) Fellow on call to be paged. The EP Fellow is a doctor who works with your primary electrophysiologist. These doctors specialize in caring for patients with ILRs.

Wound Care

- Call one of the numbers above **right away** if you have:
 - Redness or swelling
 - Drainage
 - Fever above 99.5°F (37.5°C)
 - Chills
 - Any concerns or questions about your wound
- Remove your dressing (bandage) within 24 to 48 hours after your surgery.
- Do **not** put lotion or powder on your incision until it is **completely** healed.
- Avoid touching the area over or around your internal loop recorder. Do not poke or twist your internal loop recorder.
- **If your wound is closed with a skin glue:**
 - You may shower 48 hours after your surgery.
 - Do not soak your incision until it is **completely** healed.

- **If your wound is NOT closed with a skin glue:**
 - Your wound will be closed with tape called Steri-Strips. These strips will fall off on their own in about 1 week.
 - Wait at least 5 days after your surgery before you shower.
 - Do not soak your incision until it is **completely** healed.
- **Do not allow anyone to poke or probe your incision** with fingers or instruments before checking with us first. If a health care provider feels this needs to be done to provide your care, have them **call the EP Doctor before** doing this type of exam or procedure.
- Your wound will be checked 7 to 14 days after your surgery. It is **very** important that you keep this appointment and all your follow-up appointments.

See the appointment page you were given by your nurse for the dates and times of your follow-up appointments.

Special Long-Term Precautions

Travel

- Always carry your internal loop recorder identification card.
- If you must go through a metal detector, hand your internal loop recorder identification card to security staff and tell them that you might set off the alarm. You may also want to carry a card with this information in the language(s) of the country (or countries) you will visit or travel through.
- The new body scanners that are available in some airports and other locations will not have any effect on your internal loop recorder.
- Always carry a complete list of your current medicines. Include their doses, how often you take them each day, and why you are taking them.
- Always carry your medicines with you in your carry-on bags. Do **not** pack them in your checked luggage.
- Carry phone numbers of your health care providers in case of emergency.

When to Call Your Doctor

- Call 9-1-1 right away if you have:
 - Passed out **AND** you do not feel well – for example, you have recurrent dizziness, shortness of breath or chest pain.
 - If possible, activate your internal loop recorder so the event is stored in the memory.

- If you have an event and/or you have activated your internal loop recorder **AND you are feeling fine**, call an EP Nurse weekdays 8 a.m. to 4:30 p.m. (see phone number on page 1).
- If you wish to speak to someone after hours, on the weekend, or on a holiday, call 206-598-6190 and ask for the EP Fellow on call to be paged.

Magnetic Resonance Imaging (MRI) and Other Medical Procedures

If you need to have an MRI (magnetic resonance imaging) study, you must schedule an appointment with your doctor after your MRI procedure. At this appointment, your ILR's memory will be reviewed and the hard drive will be erased.

The MRI study will create "noise" that your ILR will read as an important "event," and it will record this activity on the hard drive. This will quickly fill up your ILR's available recording space. This is **not** dangerous, but it will limit how long your ILR can record important health information that is helpful for you and your doctor to see.

If you have any other medical procedures done, be sure the person doing your procedure knows you have an internal loop recorder. Never assume everyone involved in your health care knows this. It is always safer to be sure and remind those involved in your care.

Other Questions and Concerns

If you have **any** questions about what might cause problems for your internal loop recorder, please contact your device manufacturer or doctor for more specific information.

Here is contact information for 2 internal loop recorder manufacturers:

Medtronic

www.medtronic.com
800-551-5544 or 800-328-2518

St. Jude

www.sjm.com
800-681-9293 or 800-328-9634

Questions?

Your questions are important. Call one of the phone numbers on page 1 if you have questions or concerns.

Cardiology Clinic:
206-598-4300