

Patient information

Loop recorder insertion or removal

Cardiac team

Introduction

We hope this guide will answer your questions about your loop recorder insertion or removal. Please contact the team if you require further information via the contact details at the end of this leaflet.

What is a loop recorder?

A loop recorder is a small, thin box that is inserted under the skin to record the activity of your heart. The loop recorder monitors your heart's electrical activity in order to identify a problem with your heart rhythm. The device may remain in place for up to 24 months, however, it may be removed sooner if readings allow your doctor to make a diagnosis.

Why do I need a loop recorder?

You may be experiencing symptoms that indicate you have an abnormal heart rhythm such as palpitations, dizziness or loss of consciousness (blackouts/fainting episodes).

Your doctor may have been unable to determine the cause of your symptoms. Inserting a loop recorder will monitor your heart rate and rhythm and may enable your doctor to identify what is causing your symptoms and to prescribe appropriate treatment if required.

If you are having your loop recorder removed, this is because it is no longer needed.

Preparing for your procedure

Eating and drinking

If you have a morning appointment:

- You may have a light breakfast e.g. tea and toast or cereal by 6am.
- You may then only drink water until your appointment time.

If you have an afternoon appointment:

- You may have breakfast as usual and then a snack e.g. tea and a biscuit or sandwich before 11am. You may then only drink water until your appointment time.

Medication and Pre- assessment

If you are having a loop recorder inserted you will have the opportunity to discuss medication, risks and ask any questions at pre- assessment.

If you are having a loop recorder removed you will not be pre-assessed but please contact the cath lab on the number below if you require advice.

Getting to us

Directions

The Cath Lab is on the lower ground floor, next to the Alexandra Day Surgery Unit (ADSU). We are in the Blue Zone.

Please arrange to be dropped off and collected from the maternity drop off. You can access this from entrance B, from Hayden's Roundabout.

When should I arrive?

Please arrive at your appointment time and not before.

If you have a morning appointment, please expect to be in the department for most of the morning. If you have an afternoon appointment, please expect to be in the department for most of the afternoon. There is preparation time before the procedure and recovery time afterwards.

The day of the procedure

The insertion or removal procedure is usually carried out as a day case. Whilst you may make your own way to the hospital, you need to arrange for somebody to accompany you home.

There may be some waiting before your procedure and the theatre environment can seem cold to some. It is suggested you bring something to read and a warm dressing gown or top to wear over your hospital gown.

The procedure

The loop recorder is inserted or removed from beneath the skin after local anaesthetic has been used to numb the area. The procedure takes approximately 15 to 20 minutes. Once the device has been positioned or removed from under the skin, the wound will be closed with adhesive strips. You will be advised how to care for the wound.

After the procedure

Before you are discharged home, a cardiac physiologist will see you and explain how use the remote monitor and answer any questions you may have. You will also be provided with a card to carry saying that you have a loop recorder implanted and an information booklet.

Can I drive after my procedure?

You are advised not to drive yourself home following your procedure. Please ensure you have someone to collect you.

The nurse operator will give you further advice about driving before you are discharged.

Can someone stay with me in hospital?

You may be accompanied by one responsible adult.

How soon can I return to work?

Please discuss with staff members on the day, as it varies depending on your procedure.

Contacting the team

If you have any further questions, please contact the Cardiac Angiography Suite on:

Telephone: 01279 827814 or 01279 827913

Office hours: Monday to Friday, 8am to 4pm

There is an answerphone available outside of these hours. Please leave a message and a member of the team will contact you.

If you would like to give feedback on your care, please contact our patient experience team on paht.pals@nhs.net or 01279 827211.

Please contact the communications team on paht.communications@nhs.net or 01279 827926 if you would like this leaflet in another language or format.