

## Large print and other languages

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Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

یہ معلومات متبادل فارمیٹس میں دستیاب کی جا سکتی ہیں، جیسا کہ پڑھنے میں آسان یا بڑا پرنٹ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں۔

## Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services: [www.bartshealth.nhs.uk/pals](http://www.bartshealth.nhs.uk/pals)

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Switchboard: 020 3416 5000

[www.bartshealth.nhs.uk](http://www.bartshealth.nhs.uk)

## Patient information

# Implantable Loop Recorder (LINQ II)

## 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 or 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 heart's rate and rhythm. It does not measure blood pressure or heart function. The device acts as a monitor so does not intervene on any symptoms.



## How does the ILR work?

The implanted device works by constantly recording and deleting information on a loop. It will only store information in one of 2 ways.

Symptom Activator	Automatic storage
By using your symptom activator, the device will record a 10-minute period. This is 9 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.	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.

## Remote monitoring:

Stored recordings of your heart rhythm from your ILR will be monitored in clinic either via a home communicator, or the MyCareLink Heart mobile app. At implant, you will be set-up with one of these options based on your preference.



## MyCareLink App

At implant, you'll be provided with a QR code to scan to direct you to the app, or search MyCareLink Heart in your App store. Your ILR communicates with your app via Bluetooth, and therefore it is important to keep Bluetooth enabled at all times and the app open in the background (this will have minimal effect on your phone's battery). Ensure your smartphone is connected to Wi-Fi or cellular service so that it can send information to the clinic.

When you get home	<b>Do's:</b> <ul style="list-style-type: none"> <li>Relax and rest for 24 hours.</li> <li>Have access to a telephone.</li> <li>Take your medications as instructed on discharge.</li> <li>Take oral painkillers, as necessary.</li> </ul>
<b>GREEN</b> Normal	<ul style="list-style-type: none"> <li>Feel lethargic/ tired for few days after the procedure.</li> <li>Slight bruising/ small amounts of blood on dressing.</li> <li>Site is tender/ sore for a few weeks.</li> <li>Finding trouble lying on the side of the device in bed.</li> <li>Occasional palpitations</li> </ul>
<b>YELLOW</b> Caution- Give device clinic a call	<ul style="list-style-type: none"> <li>Device site is hot/ itchy</li> <li>Lost ID card</li> <li>Problems with home monitor (contact Helpline)</li> </ul>
<b>RED</b> Urgent- Call device clinic 9-5 Mon-Fri	Pus/ Blood oozing from device site/ Large swelling over device <b>Out of Hours</b> If not able to contact device clinic go to local A&E

## How to contact us:

Cardiac Physiologist  
 Device Clinic, Clinic 5,  
 2<sup>nd</sup> Floor King George V,  
 Barts Heart Centre,  
 West Smithfield  
 London, EC1A 7BE

Device Clinic: 0207 480 4899  
 Arrhythmia nurses: 0203 765 8844  
 Ward 3C: 0203 765 8061  
 Ward 3AW: 0203 465 5531

## Driving:

There are no limitations on driving with this device.

## Travelling:

When travelling abroad you must inform the airport security staff that you have an ILR. Please show your ID card to them, they may direct you to an X-ray or to be patted down or a hand-held scanner.

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. Security staff may decide to use a hand-held scanner. Ensure you tell them that you have an ILR so they are aware this may cause the scanner to alarm.

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 on the 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 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 approximately 4 years, after which an appointment will be booked to remove the ILR.

## How to record a symptom with the App

Using the app, select 'Record New Symptoms' and follow the on-screen prompts to complete the transmission. For this reason, we advise keeping your smartphone nearby for quick access to the app.

## MyCareLink Relay monitor

This is what the monitor looks like:



As soon as you get home it is important that you plug your home monitor into the mains, ideally at your bedside, and follow the setup guide given to you at implant. This ensures we can start receiving information from your ILR. Once setup is complete leave the home monitor plugged in at all times.

## How to record a symptom WITHOUT the app

- 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



When you experience your symptoms, press, and release the blue button. The searching light will start to flash blue.

1. Quickly hold the patient activator flat against your chest over the implanted device.
2. 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.
3. Please document why you used the symptom activator each time.

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

### Device follow-up at Barts Heart Centre

At implant the Cardiac Scientist will set up your ILR and you will then be followed up remotely via your home communicator or app.

You should expect a scheduled check one month after your device implant which will also occur remotely. We will also ask you to **email a photograph of the device site** to ensure that the wound is healthy and well healed.

After the one month check we will receive further information from your ILR via your home monitor/app should an abnormal heart rhythm be detected, or if you make a symptom activation.

A cardiac scientist will review your heart traces and contact you if there are any abnormalities.

If you encounter any issues with your MyCareLink App or Relay communicator, please call the dedicated Carelink Helpline on **00800 266 632 82**

### Discharge information

#### ID card:

You will have been given an ILR identity card. This includes your details and the details of your ILR. **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:

Please keep the dressing dry and wound covered for 7 days (10 if you are diabetic). During the first few hours if some minor oozing appears on the dressing, do not be concerned, this is normal. Please press on the centre of the dressing for 15 mins. If this continues and becomes sodden, please go to A&E to have the wound assessed.

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

You will probably be able to feel the device under your skin, this is normal. It is important that you do not try to move the device. The device site can be uncomfortable for the first few weeks, as your body becomes accustomed to it.

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

### 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 cardiac scientist about your concerns.