



# Implantable Loop Recorder

*Baystate Medical Center's Heart and Vascular Services staff are committed to providing you with an excellent, comfortable, and safe experience. We hope you will find the following information useful as you prepare for your procedure.*



Your doctor may recommend that you have an implantable loop recorder (ILR). This is a small device that, for a period of about six to 36 months, records abnormal events in your heart rhythm. It is used to help diagnose patients who have passed out repeatedly when there is no explanation for those episodes.

## Before Your Procedure

- ♥ It is very important that you do not eat or drink anything after midnight the night before your procedure. You may take your morning medications as usual with a small amount of water, unless directed otherwise by your doctor.
- ♥ Bring only essential items (glasses, dentures, hearing aids, and reading material) with you to the hospital. Please leave money, jewelry, and valuables at home.
- ♥ You do not need to bring any medications, unless you are told to by your doctor.
- ♥ Bring a list of your current medications, doses, and the times of day you take them. Please bring a copy of your health care proxy, if you have one.
- ♥ Make arrangements to have a family member or friend come with you to the hospital. You will not be able to drive yourself home after the procedure.

## When You Arrive at Baystate Medical Center

Wheelchairs are available at the hospital's main Daly Entrance if you need one. Please check in at the reception desk, where you will receive directions to your unit.

On your unit, you will be brought to your room, and asked to put on a hospital gown and slippers. Your

nurse will start an IV, obtain lab work if ordered by your doctor, and may connect you to a heart monitor. We will arrange to communicate with your family member or friend after your procedure.

## Pre-Procedure Area

We will bring you to the EP pre-procedure area on a stretcher. A nurse will ask you several questions, and check your blood pressure, heart rate, and breathing. Your doctor will be in to speak to you before the procedure.

## During the Procedure

In the Electrophysiology (EP) Lab, we will assist you to a special bed that allows the use of x-rays. The EP staff will connect you to a variety of monitoring equipment to watch you closely during the procedure. The EP Lab is kept cold to prevent infection and the monitoring pads will be cold to the skin. Once the monitoring equipment is in place, the staff will offer you a warm blanket. They will clip the hair from your chest area where the loop recorder will be inserted, wash the area with a special antiseptic solution to help prevent infection, and drape you with sterile sheets. You will receive an antibiotic in your IV before the start of the procedure, as well as medications to make you sleepy and control your pain during the procedure.

## Getting Here

Baystate Medical Center  
759 Chestnut Street, Springfield, MA  
Main Hospital: 413-794-0000 • EP Lab: 413-794-2965

**From the North:** From Route 91 southbound, take Birnie Avenue, Exit 11. Bear right off the exit ramp, and take your first right on Walter Street. Proceed through the lights to the next intersection, and take a left on Springfield Street, then take your first right on Medical Center Drive.

**From the South:** From Route 91 northbound, take Main Street, Exit 10. Proceed ahead for two blocks until you are facing the medical center. Take a left and then bear right on Springfield Street, then take your first right on Medical Center Drive.

The doctor will begin the procedure by giving you a local anesthetic to numb a small section of your skin in the insertion area. You will be awake and able to talk throughout this procedure. If you are uncomfortable or have questions at any time, let your nurse and doctor know.

The doctor will implant the loop recorder by making a small incision in the upper left or right side of your chest. The procedure takes between 30 and 45 minutes.

## After Your Procedure

The EP nurse will review your discharge instructions related to your loop recorder, your temporary ID card, and other educational materials provided to you.

- ♥ You will receive a hand held activator to use to record the times you have symptoms. You will be directed on how to activate this by your EP nurse. You can also refer to directions on the back of the activator once you are home.
- ♥ If you use the activator for your symptoms, please call your physician's office.
- ♥ You should contact your physician if you experience a temperature of 101, or redness, drainage, swelling, or increased discomfort at the implant site.
- ♥ You will be given further instructions before you leave the hospital about how to care for your incision including when you may shower, the importance of handwashing and not touching your incision or applying any lotions until it heals.
- ♥ Your physician will discuss with you how long your loop recorder will remain implanted.

**From the East:** Take Exit 6 off the Massachusetts Turnpike. Beyond the toll booth, turn left on to Route 291. Remain on 291 until it merges with Route 91 North. Follow the "From the South" directions at left.

**From the West:** Take Exit 4 off the Massachusetts Turnpike. Pick up Route 91 South after the toll booth. Stay on Route 91 South and take Birnie Avenue, Exit 11. Follow the "From the North" directions at left.