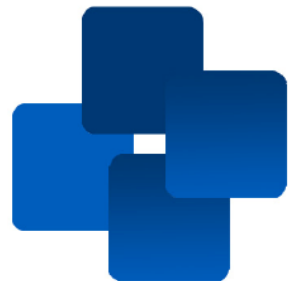


Patient Information

Loop Recorder Removal (under local anaesthetic)

Cardiac Suite
Cardiology Department



Introduction

The purpose of this leaflet is to provide you with information regarding the removal of your implantable loop recorder device, and to give you guidance for after the procedure.

Why is my implantable loop recorder being removed?

Once your heart's activity has been successfully recorded during your symptoms, and your doctor is satisfied that any heart rhythm-related cause is diagnosed, the device can then be removed. Your device may also be removed due to a depleted battery life.

What happens on the day the implantable loop recorder is to be removed?

You will receive a letter which will confirm the date and time of your appointment. You will need to come to the Cardiac Suite (Level 2, light green zone), where you will be checked in and a nurse will collect you to admit you for the procedure.

You must not eat anything for 3 hours before your procedure.

Clear fluids can be drunk up until you have the procedure. If you are diabetic (on medication), you must contact your diabetic specialist nurse to be given specific instructions relating to your medication. Alternatively, you can contact the **Cardiac Suite** on **01438 284745**.

We may advise you to stop taking some medications that affect your blood clotting 24-48 hours before your procedure. The medications that are usually stopped are Warfarin or similar oral anticoagulants, such as Apixaban, Dabigatran, Edoxaban or Rivaroxaban. Your referring cardiologist will decide whether you should continue or stop any medication before the procedure.

On the day of the procedure, the doctor will confirm when you can restart your anti-coagulation medication, if you have stopped it.

How is the implantable loop recorder removed?

The procedure normally takes 20 – 30 minutes.

Local anesthetic will be injected into the skin. This can sting at first but makes the skin numb so that you will not be able to feel any pain or discomfort. A small incision (around 1cm) will be made to remove the device.

The device will be removed from under the skin; for some patients this can be uncomfortable due to the stretching of the skin. Dissolvable sutures or skin glue are then used to close the wound and a dressing may be applied.

If required, intravenous sedation is optional for this procedure and will be discussed with you on the day. The sedative drug will be given directly into a vein in your arm or hand. You may feel sleepy and cannot always remember what happened during your procedure, however you will be able to talk. Your pulse and blood pressure are recorded during the procedure.

What complications might occur?

All medical procedures have a risk of complication. For a loop recorder removal these are:

- **Bleeding** - Bleeding at the insertion site can occasionally occur: less than 1 in 100 cases. Any bleeding that does occur usually stops spontaneously on its own, but occasionally requires further treatment. Nurses may have to apply a pressure dressing to help stop the bleeding.
- **Infection** - Occurs in less than 1 in 100 cases. Signs include redness, swelling and itchiness. This will be discussed with you on the day.

- **Bruising** - Bruising can occur at the insertion site due to stretching of the skin and bleeding. We monitor your implant site closely post-procedure.
- **Discomfort** - You may experience discomfort following the procedure. Please discuss suitable pain relief options with your nurse on the day.

What happens after the procedure?

Following the procedure you will be monitored by the nursing staff and regular observations will be taken until you are ready to be discharged. You will be given something to eat and drink.

Your recovery is likely to be 1–2 hours. You should arrange for someone to collect you and take you home on the day of your procedure.

How will I feel after the procedure?

Most patients will feel well after the procedure. If you choose to have sedation, you may feel sleepy or dizzy afterwards. This will pass quickly once you have had something to eat and drink. The nurses will provide you with the information on what you can and cannot do post-sedation.

There may be some discomfort from your wound site once the local anesthetic has worn off; you will be offered pain relieving medication in recovery. You can speak to your nurse to discuss what medication you can take at home.

You may have a scar at the site of the removal. The doctor performing the procedure will aim to minimize this.

Guidance following discharge after removal of the loop recorder

- Do not soak the wound. Keep it dry for at least 10 days (you can shower or wash around it).
- If discharged with a dressing in place, keep this on for 24 hours after discharge. You can remove this yourself at home after this time.
- If you have had sutures to close the wound, these should dissolve themselves. If after 14 days any sutures remain, please contact the **Cardiac Suite** on **01438 284745**.
- Please telephone the Cardiac Suite to report any swelling, redness, itchiness or anything that may concern you about the implant site.
- If the wound site bleeds, apply pressure to the area and, if the bleeding stops, call the Cardiac Suite for further advice. If the bleeding continues, seek medical advice by calling NHS 111 or dial 999.
- Any concerns out of hours, please seek medical advice by calling NHS 111.
- If you drive, you will need to inform the DVLA of the loop recorder removal. The DVLA states that you cannot drive if you have been suffering from blackouts. Instructions about regulations for driving will be given to you by the doctor, nurses or cardiac physiologist.

What if I have any questions?

If you have any questions or concerns, please speak to a member of the nursing team.

Please use this space to write down any questions you may wish to ask:

Useful Telephone numbers

Pacemaker Clinic ☎ 01438 781742
Cardiac Suite Reception ☎ 01438 285912
Cardiac Suite Day Case Unit ☎ 01438 284745 / 284746
(Opening times: Mon to Fri, 7.30am - 8pm)

Reference

<https://www.bhf.org.uk/heart-health/tests/implantable-loop-recorders>

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