

What is a Loop Monitor (ILR)?

Your doctor has advised you that you need an implantable loop monitor, or your loop monitor needs to be removed. This guide will help communicate what will happen before, during, and after your procedure. It was written to inform you about your procedure and answer the most frequently asked questions.

What is an Implantable Loop Monitor (ILR)?

An ILR is placed to monitor your heart rate and rhythm continuously for an extended period of time. A small incision is made in your chest and the device is placed there to monitor your heart's electrical activity. This procedure usually takes 30 minutes to 1 hour, and you will go home the same day.

Preparation

You will receive a phone call reminding you of your procedure. Be sure to ask any questions when our staff calls.

What do I do before my procedure?

- You may need to fast for this procedure, follow your pre-procedure instruction sheet.
- Arrange for a responsible adult to drive you home after the procedure and stay with you for the next 24 hours.
- Refer to the pre-procedure instruction sheet for arrival time and procedure time.
- Shower, the night before and the morning of your procedure, with an anti-bacterial soap or a special soap. Follow the instructions provided to you.

Medications

- It is very important to follow the pre-procedure medication instructions provided by your physician. We will remind you of these during a pre-procedure phone call.

Day of Procedure

What do I do the day of my procedures?

- Do not apply makeup, lotions, deodorant, or hair products on this day.
- Leave valuables and jewelry at home.
- When you arrive, simply check in at our first floor front desk.
- After registration you will be taken to a room where a nurse will get you ready for the procedure.

During the Procedure

Will I have anesthesia?

During the procedure you may be given medications in your IV that will make you sleepy. This type of anesthesia is procedural sedation. Unlike deep anesthesia that you may receive during a surgery, this anesthesia will allow you to sleep lightly, but still able to respond when someone spoken to.

What are the side effects of anesthesia?

- Poor balance
- Headache
- Sleepiness
- Nausea
- Impaired judgement for up to 24 hours

After the Procedure

What should I expect after my procedure?

- You are normally able to go home in 1-2 hours after your procedure.
- You will go home with a dressing over your incision. We will provide you written instructions on how to care for the incision and when to remove the dressing.
- Your nurse will provide you with written discharge instructions and answer all your questions before sending you home.

If you experience:

- **Pain** - At home you may experience mild discomfort at the incision site. This is usually managed with over the counter pain relievers and/or ice packs.
- **Unexpected Bleeding** - Excessive bleeding or fluid that soaks through the dressing is not normal. Contact your physician's office.
- **Nausea & Vomiting** - Begin with sips of clear liquids in small amounts. Once you tolerate clear liquids, you should slowly add in other bland, low fat food choices, gradually increasing to your normal diet.
- **Signs of Infection** - Call your physician if you have a fever over 101 degrees, increased redness, swelling, or heat at the incision site.

Date & Version #	Form Changes
OHHP-F624 (Rev. 2/18)	Typos & Wording
OHHP-F624 (Rev. 1/22)	Type Changes