

# Implantable Loop Monitor



An implantable Loop Monitor is a type of heart monitoring device that records your heart rhythm continuously for up to 3 years. It records the electrical signals of your heart and allows remote monitoring by way of a small device that is inserted just beneath the skin, on the left side of the chest.

## Why do I need a Loop Monitor?

An Implantable Loop Monitor is a small device designed to capture recordings of your heart rhythm continuously for up to 3 years.

The monitor has a memory which can be useful for your doctor to determine whether your symptoms (loss of consciousness, dizziness, seizures, light headedness, palpitations) are related to heart disease.

## How do I prepare for a Loop implantation?

- The Cardiac Catheter Laboratory will ring you in the few days before the date of your procedure and discuss your medications and instructions for the day.
- You must have nothing to eat or drink for at least 6 hours prior to your procedure.
- You will be asked to bring all your medications with you
- Some medications interfere with this test so it is important to discuss your medications with us. You will be advised by your Cardiologist if there are medications that should be stopped. Your booking letter will confirm this. It is important to let us know if you take Apixaban (Eliquis), Dabigatran (Pradaxa) or Rivoroxaban (Xarelto), Warfarin.
- Your other usual medications can be continued as normal and may be taken with a sip of water, unless you are instructed to do otherwise
- Organise an adult support person to pick you up and drive you home from hospital

## What will I expect with the Loop Monitor procedure?

You will come to the Cardiac Catheter Lab and go into one of the theatres. You will lie on an operating table. Throughout the procedure you will be awake. During the procedure your doctor will give you local anaesthetic to numb the area, make a small incision to your upper chest area, gently insert the device, stitch the area of incision and dress the wound.

The procedure will take about 15-20 minutes.

## Will I stay in hospital after the procedure?

Usually, you will not be required to stay in hospital after your Loop Recorder Insertion.

**Importantly**, you will need an adult to pick you up and drive you home from the hospital. You will also need an adult to stay with you for the first night home to make sure you are safe after the procedure and light sedation.

## Things to expect after the procedure

It is important not to tamper with the Loop Recorder as this may cause dislodgement and pain at the site.

The dressing is very thin and will stay on until the review you have with the cardiologist at the two-week appointment. There maybe a little bleeding initially under the dressing however it should settle and be minimal.

Your doctor will give you specific instructions on how to monitor your symptoms. An appointment will be made for you to attend the Pacemaker Clinic in the Cardiology Department- Level 1 Clinic C or your Private Cardiologist, two weeks after your procedure.

### References:

- [MonashHeart.org.au](http://MonashHeart.org.au)
- [Heartfoundation.org.au](http://Heartfoundation.org.au)
- [bendigohealth.org.au](http://bendigohealth.org.au)

**If you have a question about your appointment, you can call:**

Cardiac Catheter Lab  
5454 7010

**Patient notes:**

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