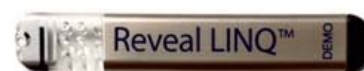


# Implantable loop recorder (ILR) for atrial fibrillation (AF)

This leaflet provides a short introduction on what a Reveal Linq™ Loop Recorder is and how it works, how AF is monitored, how to make symptomatic recordings, and how AF data and symptomatic recordings are sent to us at Guys and St Thomas' Hospital.

## What is an ILR?

An ILR, also known as a Reveal Linq™, is a small implantable cardiac monitor that is capable of automatically detecting and recording a number of abnormal heart rhythms, including AF. The device is inserted just under the skin to the left of your breast bone and will continuously monitor your heart rhythm for up to three years.



Reveal Linq™ ILR.  
Approximately to scale

## What happens next?

You will have been given a pack containing information about your device, and an ILR identity card. You will also have been provided with a Patient Assistant to record your symptoms and a MyCareLink™ Home Monitor to transmit the recordings.

## The Patient Assistant

Although your ILR will automatically detect and record AF episodes, you can also mark symptoms (when they occur) using the Patient Assistant.

This small, handheld device should be carried with you at all times, in case you experience symptoms.

To make a symptomatic recording, hold the Patient Assistant over your ILR device, and press the grey button.



Medtronic™ Patient Assistant

The ILR is able to record your heart rhythm for up to six minutes **before**, and one minute **after**, the button on the Patient Assistant is pressed. This should give you plenty of time to use the Patient Assistant after onset of symptoms.

If you black out or continue to feel unwell, please call an ambulance immediately.

The recordings are stored within the ILR, which can record up to 4 patient recordings before the memory is full. To reset the memory and allow you to make more recordings, the data will need to be sent to the Heart Devices Team using the MyCareLink™ Home Monitor (right). If the data is not sent, any further recordings will start overwriting the oldest recordings.



Medtronic™ MyCareLink Home Monitor

## **MyCareLink™ Home Monitor**

This is a bedside monitor that communicates with your implanted Reveal™ device and sends information to the Heart Devices Team at St Thomas' Hospital. In order for the monitor to work effectively, please keep it plugged into a power outlet all the time.

Every four weeks the monitor will automatically send any recorded AF episodes to the Heart Devices Team for analysis.

Recordings made using the Patient Assistant are not sent automatically and will need to be sent to us by you. To send a recording manually, press the grey button on the front of the monitor and follow the instructions on the screen.

If you make a symptomatic recording, please send the recording as soon as is convenient. In order for us to evaluate the episodes it is essential for you to report your symptoms to us by calling 020 7401 9249 (Monday to Friday, 9am to 5pm).

## **Will having an IRL mean I have to change my daily routine?**

In general, people who get an IRL can perform almost all their normal activities. You can swim, bathe, and exercise with your device, without fear of harming it. Your doctor may ask you to limit some of your activities until your incision heals.

## **Can I go through metal detector security scanners with an ILR?**

It is unlikely that security scanners (for example, at airports) will interfere with the ILR data collection, but they may detect the metal components and set off the alarm. It may be necessary to present your device identification card to obtain clearance. You may wish to be hand-searched instead of going through the security archways.

## **Can I have an MRI whilst I have an ILR?**

This ILR has shown to pose no hazards in specific types of MRI scanners. MRI radiographers will know what MRI scanners are safe with this device. There is a small risk of the memory being erased when having an MRI, so it is recommended to do a manual download or have your Reveal data downloaded in clinic before having the scan.

## **Can I take my MyCareLink™ Home Monitor on holiday with me?**

The MyCareLink™ Home Monitor will work in most countries as long as you are in an area with a mobile signal. To check if the monitor will work in the country you are travelling to, please call the CareLink helpline on 0870 240 3304.

## Contact us

If you have any questions or concerns about your implant or care, please contact the heart devices team, **t:** 020 7401 9249, Monday to Friday, 9am to 5pm,  
**e:** [heartdevices@gstt.nhs.uk](mailto:heartdevices@gstt.nhs.uk)

## CareLink helpline

The CareLink helpline is available for those having trouble setting up their Home Monitor or sending through a transmission. **t:** 0870 240 3304, Monday to Friday, 9am to 5pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

## Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline. **t:** 020 7188 8748 9am to 5pm, Monday to Friday

## Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS)      **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)  
**t:** 020 7188 3514 (complaints)      **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

**t:** 020 7188 8815      **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

## NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

## Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

**t:** 0800 731 0319      **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)      **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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