



Discharge information following Implantation of Implantable loop recorder

Building healthier lives

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To see all of our current patient information leaflets please visit
www.uhb.nhs.uk/patient-information-leaflets.htm

Your Reveal device has been implanted to record the hearts electrical signal when you feel your symptoms of _____. The device also records any abnormal heart rate and rhythms and automatically stores this information.

Following your implant you will be given the following items:

ID card – This lets people know that you have a Reveal device. You can use this at airport security (metal detectors may pick up your Reveal) or if you come into hospital.

Reveal ICM Device Identification Card	
I have a Reveal Insertable Cardiac Monitor (ICM) implanted. It is a monitoring device only. It is not a pacemaker or defibrillator; it does not pace nor deliver therapy. Contact my heart doctor before proceeding with an MRI scan.	
Brand _____	Model No. _____
Serial No. _____	
Implanted Position _____	
Date of Implant _____	

Activator – This blue box is used to make a recording on your device if you have any symptoms. Keep this on you. If you experience dizziness, palpitations or blackout, press the button on the blue box and hold it over the top of your device until a green light appears.



My Carelink Box – This white box is used to send any recordings your Reveal device makes to our clinic at the hospital. Ideally this box should be kept in your bedroom, within two metres of where you sleep. This should be plugged in and kept on at all times. It will also require a mobile phone signal which is indicated on the screen (you do not need a mobile phone).



The box wirelessly checks your device regularly for any recordings and sends these to us automatically on a daily basis around 01:00.

Please keep your monitor plugged in at all times.

The monitor may emit bright lights so you may wish to place it under your bed or in a drawer.

Occasionally we may ask you to make a full download to provide us with extra information. To make a **full download**, press the middle, round, grey button on the white box and follow the on-screen instructions. Once you have seen the green tick on the screen you do not need to do anything else for this appointment. The instructions for this are with your My Carelink box.

General Information

- We will only contact you if we need to ask questions about your symptoms or if we have seen something that requires further action. If you don't hear anything, all is well

If you have particularly bad symptoms and would like us to investigate further please perform a **full download** and call us on:

Queen Elizabeth Hospital Birmingham **0121 371 2545**

Good Hope Hospital **0121 424 9675**

Solihull Hospital **0121 424 4358**

Heartlands Hospital **0121 424 3736**

(Monday–Friday, 09:00–15:00)

stating your symptoms. A physiologist will then check your download. (A physiologist reviews downloads regularly and on a priority basis)

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- The device only records. If your symptoms make you unwell please seek medical attention
 - You can make unlimited symptom recordings, however the device will only store the four most recent episodes until the information is sent to us automatically through your My Carelink monitor
 - If certain conditions are met you may have an MRI scan with your Reveal
 - If you wish to travel you do not need to take your monitor with you. If this is longer than two to three weeks please inform us and dependant on the time period you may need to take your My Carelink box with you
 - The reveal battery will last for three years, after which it will be removed. This will require a small procedure similar to when it was put it in. Should you wish to discuss this further, please call us on **0121 371 2545**

Wound Care

- You will be given detailed wound care advice on discharge
- If stitches have been used, please make an appointment with your GP practice to have these removed. Your dressing can be removed at the same time
- Try to avoid touching or rubbing the wound area unnecessarily. Good hand hygiene is the best form of infection control. Wash your hands before and after your dressing change

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- Bruising around the site and into the breast area may, in some people, be quite extensive, especially if you are taking blood-thinning medications such as aspirin, clopidogrel (Plavix), warfarin, apixaban, rivaroxaban
 - If there is any sign of infection around the wound, i.e. redness, feels hot or sore, if you feel unwell or if there is any increase in swelling at the site then please contact us as soon as possible
 - If you are unwell with symptoms of infection (temperature above 38 degrees C) please ask your healthcare provider to consider a diagnosis of device related infection.

Technical Issues

If you subsequently have any technical problems with the monitor then please phone the Medtronic helpline number on:
0330 123 2112, or visit www.mycarelink.info



The Trust provides free monthly health talks on a variety of medical conditions and treatments. For more information visit www.uhb.nhs.uk/health-talks.htm or call 0121 371 4323.

Cardiology

University Hospitals Birmingham,
Mindelsohn Way, Edgbaston,
Birmingham, B15 2GW
Telephone: 0121 371 2000
