

Caring for Your Internal Loop Recorder (ILR)

What you need to know

UW Medicine
UNIVERSITY OF WASHINGTON
MEDICAL CENTER



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digital copy of
this handout.*

Who to Call

- If you have questions about your appointments, call your Cardiology Clinic weekdays between 8 a.m. and 5 p.m.:
 - **UWMC - Montlake patients:** 206.598.4300
 - **UWMC - Northwest patients:** 206.363.1004
 - **HMC - Harborview patients:** 206.744.3475
- If you have a question about your procedure, care after your procedure, or your ILR follow-up, call your EP Nurse weekdays between 8 a.m. and 4:30 p.m.:
- For all urgent concerns, call 911.
- On weekends, holidays, or after hours, call 206.598.6190 and ask to page the Electrophysiology (EP) Fellow on call. The EP Fellow is a doctor who works with your primary electrophysiologist. These doctors specialize in caring for patients with ILRs.

Wound Care

- Call one of the numbers above **right away** if you have:
 - Redness, swelling, or drainage at the wound site
 - Fever above 99.5°F (37.5°C)
 - Chills
 - Any concerns or questions about your wound
- Remove your dressing (bandage) within 48 hours after surgery.
- Do **not** put creams, lotions, ointments, or powders on your incision until it is **fully** healed.
- Avoid touching the area over or around your ILR. Do **not** poke or twist your ILR.
- If your wound is closed with a skin glue:
 - You may shower 48 hours after your surgery.
 - Do not soak your incision until it is **fully** healed.
- When you shower, gently clean the site with mild soap and water. Do not scrub or rub area. Gently pat dry with a clean towel.

- If your wound is NOT closed with skin glue:
 - Your wound will be closed with tape called Steri-Strips. These will fall off on their own in about 1 week.
 - Wait at least 2 days after your surgery before you shower.
 - Do not soak your incision until it is **fully** healed.
- **Do not allow anyone to poke or probe your incision** with fingers or instruments before checking with us first. If a healthcare provider feels this needs to be done to provide your care, have them **call the EP Doctor *before*** doing this type of exam or procedure.

Special Long-Term Precautions

Travel

- Always carry your ILR identification (ID) card.
- If you must go through a metal detector, hand your ILR ID card to security staff. **Tell them that you might set off the alarm.** You may also want to carry a card with this information in the language(s) of the country (or countries) you will visit or travel through.
- The new body scanners in some airports and other places will not have any effect on your ILR.
- Always carry a full list of your current medicines. Include their doses, how often you take them each day, and why you are taking them.
- Always carry your medicines with you in your carry-on bags. Do **not** pack them in your checked luggage.
- Carry phone numbers of your healthcare providers in case of emergency.

When to Call Your Doctor

- Call 911 **right away** if you have:
 - Passed out **AND** you do not feel well – for example, you feel dizzy, are short of breath, or have chest pain. If you can, activate your ILR so the event is stored in the memory.
- If you have an event or you have activated your ILR **AND you are feeling fine**, call an EP Nurse or your Cardiology Clinic weekdays 8 a.m. to 4:30 p.m. (see phone number on page 1).
- If you want to talk with someone after hours, on a weekend, or on a holiday, call 206.598.6190 and ask to page the EP Fellow on call.

Magnetic Resonance Imaging (MRI)

If you need to have an MRI (magnetic resonance imaging) study, send a MyChart message to your EP team before and after your MRI. Your team will make sure it's safe for you to have a scan and check your device settings.

Other Medical Procedures

If you have any other medical procedures done, be sure the person doing your procedure knows you have an ILR. Never assume everyone involved in your care knows this. It is always safer to be sure and remind those involved in your care.

Other Questions and Concerns

If you have **any** questions about what might cause problems for your ILR, please contact your device maker or doctor for more details.

- **Medtronic**
www.medtronic.com
800.551.5544 or 800.328.2518
- **St. Jude**
www.sjm.com
800.681.9293 or 800.328.9634
- **Boston Scientific**
www.bostonscientific.com
866.484.3268

Questions?

Your questions are important. Call one of the phone numbers on page 1 if you have questions or concerns.

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