

Implantable Loop Recorder (ILR) Discharge Advice

Medtronic Reveal LINQ II™

Contact Numbers

Taw Ward 01392 402836 (24 hrs)

CCU..... 01392 402837 (24 hrs)

Remote Monitoring Service..... 9am-5pm Monday-Friday
01392 408350 (RDE)
01271 322475 (NDDH)

Email

RDE rduh.exetercardiacdevices@nhs.net

NDDH..... rduh.cardiology-northern@nhs.net

Your notes:

First appointment date & time _____

Further questions - please contact the Remote Monitoring Service
on **RDE** 01392 40 8350 or **NDDH** 01271 32 2475

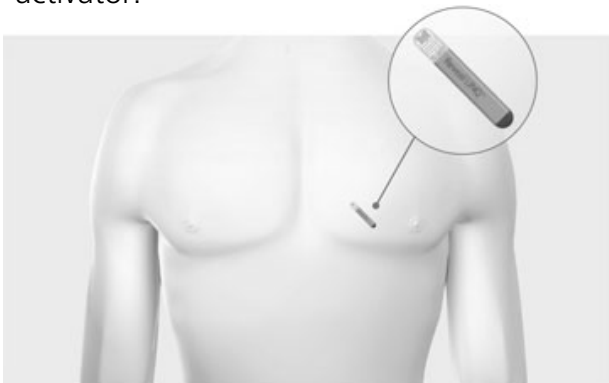
Wound

- The dressing on your wound needs to stay on for 7 days
- You can shower or bath, but keep the wound area as dry as possible, gently pat dry if it gets a little splashed
- You will have been given some spare dressings to use if needed
 - Staples have been used to close the wound, these need to be removed 7 days after the procedure. Please make an appointment with your practice nurse or GP to arrange this
 - Dissolvable stitches have been used. Leave the dressing on for 1 week before removing and then gently clean the area.
 - Glue does not require a dressing. Keep the area dry for 10 days. The glue should naturally peel away during this time.
- If you have any pain/discomfort from the wound take Paracetamol or your normal painkillers as required
- If you have any queries or worries please contact Taw Ward or the Remote Monitoring Service (Phone numbers on the front page)

Overview

Your implantable loop recorder also known as a Reveal Linq II™ is continuously watching your heart rhythm. It has the ability to make a recording in two ways.

- **Automatic:** the device is set up to record your heart rhythm if it falls into certain categories, e.g. a heart rate that is too fast or too slow
- **Manual/Patient Activated:** If you experience your symptoms you, a friend or relative, can make a recording. This recording will be 14 minutes prior to activation and 1 minute after. You can make a symptom recording using the app or symptom activator.



Patients that live out of area of the RD&E

- Your ILR details will automatically be transferred to your local centre, they will advise you on your next follow-up check

Remote Monitoring

We will monitor the information your ILR records via a remote monitor. This will either be an app if you have a compatible smart device, or via a monitor. If you require the monitor, we will give you a patient activator to make your symptom recordings. If you have the app, you will use this to make symptom recordings.

We will have discussed these options with you at the time of your ILR implant.

- If you are able to have the app, please scan this QR code to download the MyCareLink Heart™ app
- If you need the Relay monitor, please phone **BeConnected** on **00800 2666 3282** (International Freephone) or from a mobile please phone 01923 202 543 (local rate number).



For ALL patient activated recordings please remember to inform the Cardiac Physiologist of your symptoms.

Q & As

'Is there anything that will interfere with my Reveal Linq II™?'

- Household appliances such as microwaves, toasters, electric razors, electric blankets, computers and using broadband Wi-Fi will not interfere with your Reveal Linq II™

'Can I travel abroad?'

- Yes. You may set off the airport security device when walking through the arch, but if done briskly will not damage your Reveal Linq II™. Before walking through the arch inform the security team that you have an implantable cardiac monitor and show them your ID card.

'How long will my Reveal Linq II™ device last?'

- 4-5 years. Once the ILR has depleted its battery, we will put you on a waiting list to have this explanted. We will also inform your consultant.

'I'm having problems with my remote monitor, what should I do?'

- For any problems with your remote monitor, including the app, please contact BeConnected 00800 2666 3282 (International Freephone) or from a mobile phone 01923 202543 (Local rate number).

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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