

Your cardiologist has recommended that you have a loop recorder.

What is a loop recorder?

- A loop recorder is a very small implantable cardiac monitoring device that is used to monitor and record your heart rhythm. It is inserted just beneath the skin on your chest.
- The loop recorder will record your heart rhythm if you use the patient recording device – either an app on your smartphone (Abbott) or a fob (Medtronic).
- People have loop recorders implanted for a variety of reasons. The intention is to determine if and how your symptoms are related to your heart rhythm.
- The loop recorder offers longer-term heart rhythm monitoring.
- Depending on which loop recorder is selected for you the loop recorder lasts anywhere from 18 months up to 4 years. Your physician will be able to give you a personal estimate as to how long you will have this implant.
- **A loop recorder does not treat your symptoms. Remember to seek medical care as you normally would if you don't feel well.**

What is the procedure like?

- The nurse will admit you to Cardiac Short Stay (on Level 3 of the Diagnostic and Treatment Centre) about an hour before your procedure.
- Your belongings will remain with you throughout your stay.
- There will be several health care professionals involved in your care including nurses, cardiology technicians, and physicians.
- The procedure and risks will be explained to you thoroughly by the implanting electrophysiologist and you will have time to ask your questions before the procedure, so please bring a reminder list with you.
- Before the procedure you will change into a hospital gown. You can wear your socks and underpants. If you wear a bra, you will have to remove it.
- You can wear your hearing aids, dentures, and glasses during the procedure.

- The procedure itself is short – 5 to 10 minutes – and takes place in a private room on Cardiac Short Stay unit. Sometimes this procedure will take place in the Electrophysiology interventional suite.
- We will attach a heart monitor to you and measure your blood pressure.
- For the procedure you will be positioned on your back on the bed and the skin on your chest will be cleansed with a special solution. Your chest will be draped with a sterile drape. Once the drape is in place, it is important that you not move.
- The electrophysiologist will numb your skin using local freezing injectable medication. This may sting for less than 30 seconds and after that you might feel slight pressure but not pain. The freezing medication will wear off in about four hours.
- The loop recorder is small and light – about the size of a triple A battery – and is inserted by the electrophysiologist using a special tool.
- The incision is small, about 2.5 cm in length or less and is closed with dissolvable sutures (they will not require removal).
- Small sterile adhesive strips will be applied (Steristrips) to the incision and a small dressing will be applied to the area (we will provide this dressing).
- If it is safe for you to take Tylenol (acetaminophen), and you may use it if you have minor discomfort afterwards. Generally, this procedure is well-tolerated.
- You will be able to go home about 45 minutes after your procedure, when discharge teaching is complete.

How can I prepare?

- On the day of the procedure, please bring your BC CareCard and a list of all the medications (prescription and non-prescription) you are currently taking. If it is easier to bring the medications in their original labelled bottles or bubble pack, please do so.
- Please take all your regular medications in the morning as usual. However, follow any specific instructions you have been given by your cardiologist's office in regards to taking or not taking your regular blood thinners.
- Please inform your admitting nurse of any allergies.
- Please remove any necklaces, it is always best to leave any jewelry at home.

- Drink normally before your procedure but try to have a lighter breakfast. You do not need to fast. (If you are an admitted inpatient you may need to fast, your ward nurse will advise you of this).
- On the night before or morning of the procedure please shower or bathe with soap as you usually do but do not apply any lotions, perfumes, powders, or creams to your chest.
- Wear freshly washed clothes on the procedure day.
- Do not shave or remove chest hair. If we need to clip your hair we will. Unnecessary shaving can be a source of infection.
- It is best for you to have someone bring you to the hospital and pick up after but if that can't be arranged you may drive yourself, provided you don't have a driving restriction. If you have a driving restriction in place, that restriction remains valid until you are advised otherwise.
- You will not be sedated and may return to your usual activities on the day of the procedure but, if possible, please have a quiet day after your procedure.
- If you will be using an app-based recorder, download the necessary app prior to admission and bring your smartphone with you. A nurse will call to explain which monitor you will be using, whether an app is required, and how to download the app.
- If you are using your own phone please have the latest operating system update for your phone installed prior to your procedure date.
- If your loop recorder is app-based and you don't have a smartphone, one will be provided by the monitor vendor company. This phone will only be capable of sending transmissions related to your loop recorder.
- Please review all the written materials and videos provided to you pre-operatively.
- Review the attached form "Consent for Remote Cardiac Device Monitoring" and bring a signed copy into Cardiac Short Stay. If you have further questions before signing, please let the admitting nurse know that your consent form is not signed.

What else do I need to know?

- On admission you will need to sign three consent forms prior to the procedure:
 - ✓ Consent for the procedure
 - ✓ Consent to release your information to the manufacturer
 - ✓ Consent for remote monitoring data storage (storing your information outside Canada)
- The procedure takes place in Cardiac Short Stay (CSS) at the Royal Jubilee Hospital in Victoria. CSS is on the third (3rd) floor of the Diagnostic and Treatment Centre. The phone number for CSS is 250-370-8797.
- It is okay to bring your phone, electronic device, or book with you.
- You will be given post-procedure written and verbal information before you go home.
- After the procedure the bedside monitor, which will either be a phone based app or a monitor we provide – will need to be continuously plugged into an electrical outlet that is within 1.5 metres (Abbott) or 2 metres (Medtronic) of where you sleep at night. Having thought of a space beforehand can make things a bit easier once you get home.

Why do I have to sign a consent for remote monitoring storage?

- To remotely send your heart rhythm data to our clinic, we must use the manufacturer's transmission and storage facility. The data is initially sent from your loop recorder to the storage facility, and then transferred to Island Health's database.
- At Island Health we take your privacy and confidentiality seriously and want you to be well informed about how your remote monitor sends data and where that data is stored. To provide you with remote monitoring services we need to obtain your consent
- Abbott and Medtronic store their data in the United States of America. They use banking-level encryption to store and transmit your data.
- This program collects basic demographics such as name, birthdate, address, phone number, and email, as well as specifics about your loop recorder such as type, serial number and date of implant and the clinic you are associated with.

Your data is anonymized and used by the manufacturer to develop further tools to improve medical devices, for education, research and training, or as required by law.

- Use of this system does involve the disclosure of, storage, and access to some of your health information outside of Canada. As such, we are required by the *Freedom of Information and Protection of Privacy Act* (FIPPA) to seek your written agreement, or consent, for participation in remote monitoring. Data captured by the cardiac device is collected, used, stored, and disclosed under the authority of sections 26(c), 32(a)&(b), 33 (1)(c) of FIPPA.

Pacemaker Clinics

Vancouver Island

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| Victoria Royal Jubilee Hospital Clinic 2, Main Floor, D&T Building | 1952 Bay Street Victoria, BC | Tel: 250.370.8670 |
| Nanaimo Nanaimo General Hospital | 1200 Dufferin Crescent Nanaimo, BC | Tel: 250.739.5914 |
| Campbell River Campbell River General Hospital | 375 - 2nd Avenue Campbell River, BC | Tel: 250.286.7156 |

Thank you for taking the time to read this information so that you can make informed decisions about your health care. Please sign the consent form “**Consent for Remote Cardiac Device Monitoring**” and bring it with you to the hospital.

If you have any concerns or questions please contact your cardiologist’s office.

You may also call or email the cardiac device patient educator nurse Kate Phillips
250-370-8111 EXT - 13344 or email – kate.phillips@islandhealth.ca

If you have questions Island Health’s general information collection, use and disclosure practices you can contact the privacy office. Phone: 1-877-748-2290 Email: privacy@islandhealth.ca -