

LOOP RECORDER IMPLANTATION

Patient Instructions Prior to the Procedure



Please arrive at the Outpatient Registration Desk on _____ before _____

1. You have been scheduled for Loop Recorder implantation. A miniature electronic device is placed underneath the skin for long-term real-time monitoring of your heart rhythm.
2. The procedure typically takes 10-15 minutes, but at least 1 hour is required for preparation.
3. **Nothing by mouth for at least 4 hours before the procedure.** You may continue to drink water or juice. On the day of the procedure, take any prescribed medications with sips of water.
4. Before your procedure, tell your physician if you have active or previous bleeding issues. If you are on aspirin, Plavix (clopidogrel), Effient (prasugrel) or Brilinta (ticagrelor), please take it as usual up to and including the day of your procedure unless otherwise instructed by your doctor.
5. If you are on **Coumadin (warfarin), Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis (apixan), Savaysa (edoxaban) or other blood thinners** (including heparin, Lovenox, or enoxaparin), please let your doctor know, and make sure you understand the plan regarding these blood thinners. In general, these blood thinners are temporarily stopped at least 3 days prior to the procedure.
6. If you have diabetes, you can decide when to take your medications based on your eating schedule, so please bring them with you.
7. Tell your physician if you have any **allergy to medications or sedative**. Make sure your physician and the staff are aware of every medication you are currently taking, both prescription and over-the-counter.
8. Please report any changes in your health status, such as signs of a fever, cold, and infection that developed before your procedure date.
9. An approximately half-inch surgical skin incision is made on the upper chest wall. The skin will be numbed using a local anesthetic prior to the procedure. For some patients who request it, a sedative medicine may be administered through an intravenous line to relax you during the procedure. The medicine may cause you to fall asleep. As the medicine is short-acting, you should expect to be awake shortly after the procedure.
10. You will be discharged approximately 30 minutes after the procedure. Patients who received sedation will need to stay longer. If you were given a sedative during the procedure, please arrange for a responsible adult to drive you to and from the office on the day of the procedure since sedative medications cause drowsiness. **You will not be allowed to leave on your own.** If you return home by taxi, you must have a responsible adult accompany you in addition to the taxi driver.
11. **DO NOT** drive, operate potentially dangerous machinery, or make critical decisions within 24 hours of receiving procedural sedatives.



After the Procedure

1. Keep the incision dry at all times. **DO NOT get the incision or bandage wet.** You may have a sponge bath, but may NOT shower until the wound is fully healed.
2. Change the dressing daily, if you were instructed to do so. You may put Betadine, iodine or Bacitracin ointment over the incision and cover it with dry, sterile dressing to help fight infection while healing. Do not use any other type of ointments or solutions over your incision site.
3. If Steri-Strips® or a special adhesive was placed over the incision, DO NOT try to remove them. Allow them to come off by themselves, which may take several days or more than a week.
4. Do not apply lotions, powder or ointments to the incision.
5. A bruise or mild swelling is expected and may take several days to heal
6. If you have any question prior to or after the procedure, please call the office at (805) 540-2081.



Central Cardiology

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