



## Preparing for Your Cath Lab Procedure

Instructions for **Loop Recorder Implants**



## Welcome to Peace River Surgery Center,

We are honored that you have chosen Peace River Surgery Center for your heart health. Our goal is to provide you with the highest-quality professional care. We look forward to making your stay with us as safe and comfortable as possible.

The following pages will go over what to expect during your stay, and what preparation is required to be ready on the day of your procedure.

**These instructions are general instructions, always follow what your cardiologist specifically instructed you to do/not to do should it be different then what is written here.**

We are located on the third floor of the Gulf Coast Professional Building.

Our address is:

**Peace River Surgery Center**

**4130 Tamiami Trail, Unit 301**

**Port Charlotte, FL 33952**



## Why Am I Getting This Procedure?

You may be getting a loop recorder for a variety of reasons. You may be feeling fatigued, having heart palpitations, or even passing out. In order for us to treat your symptoms, it is important to understand what the underlying cause is and how often it occurs.

If your heart rate is abnormal, your body is not receiving adequate blood and oxygen supply to maintain normal function. Untreated arrhythmias can lead to heart failure, stroke, and cardiac arrest.

Therefore, a device such as a loop recorder implant will help us identify the arrhythmia that could be causing your symptoms so that we can treat it accordingly. Identifying the rhythm is crucial in determining the treatment plan.

Essentially, a loop recorder is a small EKG monitor that continuously records your heart's rhythm. The device automatically detects and stores irregularities using sensors located at both ends of the monitor. The design of the loop allows high quality signal and precise monitoring. The data is transmitted wirelessly to the physician's office through a home monitoring system. Your doctor can then see in live time if there are any irregularities.





Although we may already have a list of your medications from your Cardiologist's office, it is imperative that you bring a current list of your medications and allergies with you the day of your procedure. We want to make sure to have the most accurate accounting of your medications. You have the most knowledge about your meds and allergies, we depend on you to inform us of this for your safety.

It is **very important** to inform us of allergies before your procedure. Please feel free to use the template located under the Patient Registration tab on our home page. Your nurse will review your medications with you prior to your procedure. This is to ensure we have the most accurate information as to what you already take. Please include both prescription and over-the-counter medications.

### **Important Medication Instructions:**

There is no need to hold any medications prior to this procedure. Please continue your regular medication schedule unless otherwise instructed by your physician.

**PLEASE BRING YOUR COMPLETED PATIENT ACKNOWLEDGMENT FORMS THAT WERE PROVIDED TO YOU THE DAY YOUR CARDIOLOGIST SCHEDULED YOUR PROCEDURE. THIS FORM IS ALSO LOCATED UNDER THE PATIENT REGISTRATION TAB ON OUR HOME PAGE. YOU MAY ALSO USE THE FORMS AT THE END OF THIS PACKET TO MAKE REGISTRATION QUICK AND STRESSFREE THE DAY OF YOUR PROCEDURE**



## The Day of Your Procedure

It is very important that you arrive on time for your procedure.

Once the receptionist checks you in, your nurse will be informed you are here. You will be taken to a private room and a hospital gown will be provided for you to change into. Your belongings will stay in your room with you. Please do not bring any valuables.

We will ask you often to confirm your name and birthday and an ID band will be applied to your arm. Different team members may ask you the same questions, this is to ensure your safety.

The nurses and doctors taking care of you will keep your family informed. Family members will be allowed to but must remain in the waiting area for the duration of the procedure. This is to protect patient privacy.

We do our best to be on time, please be patient if there is a delay. Occasionally, emergencies or unforeseen circumstance could delay your procedure. Our staff will keep you informed of the progress.

Cath lab facilities can be chilly, warm blankets will be available, but you are welcome to bring a light sweater for yourself as well.

There is no need to fast prior to this procedure, you may eat and drink as regular.

## What Is Done During This Procedure?

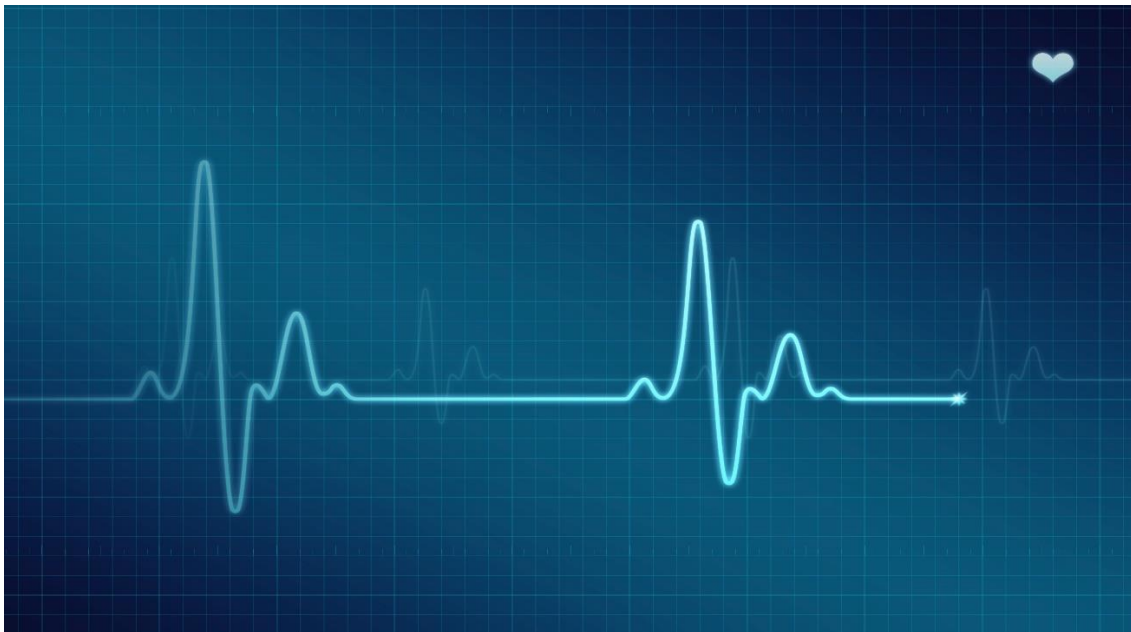
Loop Implant is a very quick procedure using local anesthetic.

The implantation site is cleaned using antiseptic. The usual placement is under the skin on the left side of the chest.

After injecting a numbing agent, the cardiologist will make a small nick-like incision and the heart monitor will be inserted with a specially designed tool. This will only take a few minutes.

Once the device is deployed under the skin, the site will be closed with sutures and bandaged.

The device representative will then program the device for you to take home and answer any questions you may have regarding the home monitoring.



## After Your Procedure

Once the procedure is completed, your nurse will ensure there is no bleeding from the incision site.

Most patients can go back to normal daily activities with minimal to no restrictions.

Every night the data from the day is transmitted wirelessly through the bedside device. Using the cellular network, the data is received by your doctor's office. It is important to keep the device within 6 feet of where you sleep and to charge it. You will also receive a remote assistant. This is a button that you press if you feel any symptoms. The device will save the last 7 minutes of your recorded EKG so that your physician can correlate your symptoms with what your heart was doing at that time. How long your device stays implanted depends on what and when rhythms are found. On average, the battery life of a loop recorder is about 4 years. You may opt to have the device removed at any time.

## When Will I Go Home?

Once your procedure site is bandaged, you are good to go! Your nurse will go over how to care for the incision site then send you on your way.

The day after your procedure, someone from our center will call you to check how you are doing.

**Thank you for allowing us to take care of you and your family!**



## DAY OF PROCEDURE CHECKLIST:



- I have my ID and insurance card.
- I have my current list of meds and allergies.
- I have my completed Patient Notification and Acknowledgment.
- This person can get updates on my care should they ask/call:

Name: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

**Please call our office at 941.629.5356 if you have any questions**