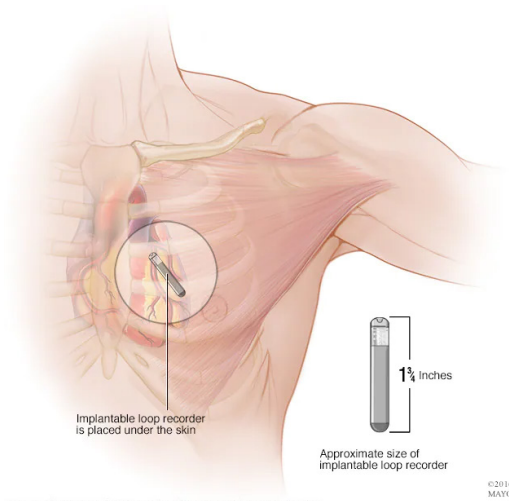


IMPLANTABLE LOOP RECORDER (ILR)

What is an Implantable Loop Recorder (ILR)?

An Implantable Loop Recorder also called an Implantable cardiac monitor (ICM), is a small device approximately the size of a paperclip that is implanted just under the skin to your upper left chest area. It does not record continuously but is designed to record your heart rhythm when pre-programmed parameters are met. You can also trigger the ILR to record your heart rhythm when you experience symptoms by using a hand-held activator. The battery on the ILR lasts approximately 3 years.



How is the procedure done?

An ILR implant is done as an outpatient procedure. You do not have to fast for the procedure, and you are not given general anesthesia. Your doctor injects local anesthesia in the tissue where he is going to implant the device. He makes a small 1 cm incision and inserts the device under the skin of your left upper chest. Once a good signal of your heart rhythm is obtained the device is secured in place before closing the incision.

You will have a follow up in the clinic in 1 week after your device is implanted, to check that your new device is working well and to make sure your incision is healing properly.

Why would my doctor suggest an ILR or ICM?

An ILR may be implanted for several different reasons:

- To diagnose or rule out arrhythmias in unexplained episodes of palpitations, syncope (passing out), pre-syncope (near passing out)
- Long-term monitoring of atrial fibrillation
- Monitoring to identify possible atrial fibrillation in cryptogenic stroke (stroke of unknown cause)

What are the Risks of an ILR/ICM procedure?

Most people have no problems with an ILR procedure. The incision is usually sealed with either one suture, a steri strip or skin glue. Some problems can occur for some people including:

- Bleeding
- Bruising
- Mild pain
- Infection

The ILR or ICM will automatically record your heart rhythm when it detects the following:

- Atrial fibrillation
- Atrial tachycardia
- A pause between heart beats 3 sec or longer
- A slow heart rate (usually less than 30 beats per minute)
- A fast heart rate (usually greater than 167 beats per minute)

Medtronic's ILR:



Using the hand-held activator

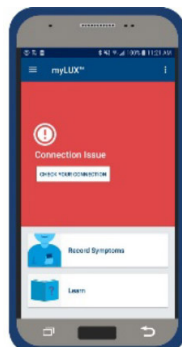
You will receive a hand-held activator if you have a monitor that does not use a cell phone app. If you experience any symptoms such as shortness of breath, palpitations, tachycardia (fast heart rate), heart pounding, dizziness, passing out (syncope), feel like passing out or any other symptoms that your doctor is trying to diagnose, when you experience, press the button on the handheld activator. The ILR will go back into its memory and record 6 minutes prior to when you pressed the button and record 1 minute after the button press for a total of a 7-minute recording.

Medtronic Home monitor

When you are discharged from the hospital after having your ILR implanted, you will receive a home monitor. You may get a monitor that sits on your nightstand or an app for your cell phone. Your home monitor will transmit information from your ILR once a month to your doctor's office. It pulls the recordings off your ILR and sends them to your doctor to review. It is always important to keep your monitor plugged in for it to function properly.



Boston LUX ICM:



Boston's Home monitoring App

When you are discharged from the hospital, the Boston representative will assist you in downloading the app on your phone. If you don't have a smart phone, you will be given a monitoring device similar to a phone, but it does not make calls, it only monitors your ICM. When you experience any symptoms, you go into the app and indicate you are having symptoms. This triggers the ICM to record your heart rhythm. The app is the activator and monitor all in one.