

Who should I contact if I have any questions?

If you need to contact us for advice regarding your implant or care, please telephone The Basildon Hospital Cardiac Department on 01268 524 900 ext 4524/4536.

Where can I find further information?

British Cardiac Patient Association

15 Abbey Road
Bingham
Notts
NG13 8EE

Tel: 01949 837070

Email: enquiries@bcpa.co.uk

www.bcpa.co.uk

British Heart Foundation

14 Fitzhardinge Street
London
W1H 6SH

Tel: 0207 935 0185

Heart Information Line: 0845 070 8070

www.bhf.org.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. Calls are free from landlines and mobile phones.

www.nhs.uk

Essex Cardiac and Stroke Network (details of local support groups in your area)

Tel: 01206 286627

www.essexcardiacservices.nhs.uk

The Essex Cardiothoracic Centre and Basildon and Thurrock University Hospitals NHS Foundation Trust

Tel: 01268 524900

www.basildonandthurrock.nhs.uk

Not to be photocopied

Basildon and Thurrock University Hospitals 
NHS Foundation Trust

Patient Information

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Reveal® Device Implantable Loop Recorder

You have been referred to the Basildon Hospital Cardiac Department to have a procedure to implant a Reveal® Device. This leaflet describes the procedure so that you know what to expect. If you have any questions, please do not hesitate to ask.

What is a Reveal® Device?

A Reveal® Device is a cardiac monitor. It is sometimes called an Implantable Loop Recorder (ILR). The device is used to record your heart rate and rhythm if you have an unexplained fainting episode, dizziness or palpitations.

The Reveal® Device is inserted through a small cut to lie under the skin in your upper left chest. Electrodes that monitor the heart's electrical activity are on the surface of the device, so there are no wires. The device is enclosed in a protective case.

The procedure will be performed under local anaesthetic. You will be able to go home two to three hours after the procedure.

Before you go home you will be given a hand held activator. The device continuously monitors your heart's electrical activity. If you experience fainting episode, dizziness or palpitations, you or a family member places the hand-held activator over the implanted device. By pressing a button the Reveal® Device will record this event and store it. This data can then be retrieved from the device's memory later and examined.

A Reveal® Device is currently the most effective method of diagnosing infrequent symptoms. It can be left in place for up to 14 months, and research has shown the device can determine if fainting is related to a heart problem in 88% of cases.

The cardiac physiologist (a specialist in electrical activity in the heart) will explain more about how the device works before you leave hospital.

What happens before the procedure?

- You will need to arrange for somebody to bring you to the hospital and collect you by car, or taxi. You will not be able to drive yourself. You will not be able to travel by public transport.
- Unless you need someone to stay to interpret or assist with special needs, we ask that relatives or friends return to collect you when you are ready to go home.
- If you have no access to transport you should inform the nurse at pre-assessment who will arrange transport for you if they consider it to be medically necessary.

This information can be provided in a different language or format (e.g. large print or audio cassette) on request.

This is a smokefree Trust. Smoking is not allowed in any of our hospital buildings or grounds.

The Trust will not tolerate aggression, intimidation or violence

Basildon University Hospital
Nethermayne
Basildon
Essex SS16 5NL
☎ 01268 524900 / 0845 155 3111

Minicom
☎ 01268 593190

Patient Advice and
Liaison Service (PALS)
☎ 01268 394440
E pals@btuh.nhs.uk

W www.basildonandthurrock.nhs.uk

- Please remember to bring with you:
 - All your medication, in its original container
 - Something to read or a personal stereo
 - Overnight bag with pyjamas, dressing gown, slippers and toiletries (in case you need to stay)
- For security reasons, please do not bring jewellery, large amounts of money, mobile phones or anything of great value to you. The hospital regrets that it cannot accept responsibility for loss or damage to property belonging to patients.
- Please do not wear jewellery, makeup or nail varnish. Your wedding ring may be left on if you wish and we will cover it with tape.
- Have a light breakfast at 7am on the day of your procedure and then only drink water until after your procedure.

Should I take my normal medication?

Unless advised otherwise, you should take all your usual medication with a small sip of water, apart from Aspirin, Clopidogrel, Warfarin, or diabetic medication - please see information below.

If you are taking Aspirin, Clopidogrel or Warfarin.

Please stop taking your Clopidogrel, Warfarin and Aspirin five days before your procedure, unless you have an artificial heart valve.

If you are diabetic on insulin

The nurse will advise you in pre-assessment clinic how to manage your diabetic medication.

What happens during the procedure?

- You will be shown to your bed.
- You will be fitted with a wristband with your details on. This is so that staff can identify you correctly and give you the right care. It is important that you do not remove it until you go home.
- The procedure will be explained to you, including any possible complications. Please let us know if you have had any allergic reactions in the past, or if you are or think you might be, pregnant. If you have any questions, please ask. You will be asked to sign a consent form after the procedure has been explained to you, including the risks and benefits.
- You will be asked to remove your clothing, and will be given a gown to wear.
- A nurse will check your blood pressure, pulse, temperature and oxygen levels.
- A small sample of blood may be taken to make sure it is not too thin.
- The nurse may clip any excess chest hair around the area for insertion.
- A small tube (cannula) will be inserted into a vein in your arm, so that you can be given drugs intravenously if required.
- You may be asked to remove any dentures just before the procedure. Please tell us if you have any capped or loose teeth.
- You will be taken to the procedure room.
- You will be asked to lie on your back with support for your head. We will do our best to make you as comfortable as possible. If you become short of breath while lying down we can give you oxygen to help your breathing.
- Your chest will be cleaned with antiseptic which will feel quite cold for a few seconds. Sterile drapes will cover your chest apart from the area identified for insertion of the device.

- You will be given a local anaesthetic. You will be awake throughout the procedure.
- A small cut is made and a pocket is formed under your skin the same shape as the ILR. The device is then inserted.
- The wound will be stitched, and a dressing applied.
- The whole procedure should take approximately 30 minutes.

What happens after the procedure?

- You will return to the day ward to recover on your bed for a short while.
- You will be given something to eat and drink.
- You should be able to go home within two to three hours.
- Nursing staff will monitor your blood pressure and pulse, check your wound site for any signs of bleeding and apply a dry dressing before you go home.
- You will be told about any changes to your medication and how to care for your wound before going home.
- The cardiac physiologist will programme your device and make sure it is working properly. (They will give you details about what to do if you have an abnormal event and how to record this).

What happens when I leave hospital?

- You will need to be collected by car. Do not use public transport.

Taking care of your wound

- If you have any discomfort you should take your normal pain relief.
- If after two days your wound becomes red, swollen, painful or warm to touch, please contact your GP.

Returning to normal activity

- After 48 hours you may return to work, and you may drive.
- A follow-up appointment will be arranged for you in the outpatient department. You will then have an appointment every three months for your device memory to be checked for evidence of any abnormal heart rhythms.

What are the side effects or possible complications?

- Sometimes bleeding can occur from the insertion site.
- You may experience some bruising around the insertion site which should get better in a few days.
- There is a very small risk of infection at the insertion site.

What if I decide not to have the device implanted?

- The alternative to having an ILR is to use an event monitor (externally worn recorder), which you may have tried already. This is only issued for a period of two to three weeks. If your abnormal event happens less often than this you may miss it. Also unless it is correctly used it may not record a clear trace to make a diagnosis.
- Without the correct information your doctor will be unable to prescribe treatment for you. It would be up to your doctor to decide if they want to continue trying to capture abnormal events using this method. This could cause a delay in diagnosis and treatment.