

## Insertable Cardiac Monitor Implant Instructions

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

Procedure Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

We want to thank you for choosing the University of Virginia Health for your procedure. Your care and well-being are important to us. We are committed to providing you with the best possible care using the latest technology.

This handbook should be used as a guide to help you through procedure and answer questions that you may have. Please give us any feedback that you think would make your experience even better.

## Contact Information

UVA Health - Main Hospital  
1215 Lee Street  
Charlottesville, VA 22923

Contact	Phone Number
Centralized Scheduling	434-243-1000
Device Related Questions	434-924-9696
UVA Main Hospital	434-924-0000
UVA Main Hospital (Toll Free)	800-251-3627
Lodging Arrangements/ Hospitality House	434-924-1299/ 434-924-2091
Parking Assistance	434-924-1122
Interpreter Services	434-982-1794
Medical Record Requests	434-924-5136

### Questions about the Visitor Policy?

Please visit:

<https://uvahealth.com/patients-visitors/visiting-patient>

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## Cardiac Device Remote Monitoring: What to Know

- Remote monitoring has been proven to improve and expedite your care by providing important cardiac and device data from your implanted device to your cardiology team.
- When you have a pacemaker, ICD, or insertable cardiac monitor (loop recorder) implanted at UVA Health, you will receive a home monitor and be enrolled in remote monitoring.
- Proper remote monitoring is a partnership with you, your cardiology team, and the device team. This guide explains how it works and everyone's responsibilities.
  - **REMOTE MONITORING DOES NOT REPLACE EMERGENCY CARE.** If you are having urgent symptoms, call your nurse care coordinator at 434-243-1000 during business hours, or have the on call electrophysiologist paged at 434-924-0000 after hours. If you are experiencing a medical emergency, call 911 immediately

### HOW REMOTE MONITORING WORKS:

**Routine Reports:** The device team will receive scheduled reports from your home monitor at regular intervals, either monthly or quarterly as decided by your cardiologist.

- These routine reports are billed and copays and deductibles may apply, especially if you have private insurance. To research your financial responsibility, please call your insurance provider and provide them with the billing code below that matches your implanted device type:
  - Pacemaker: 93294 & 93296
  - ICD: 93295 & 93296
  - Insertable Cardiac Monitor: 93298 & G2066
  - Implantable cardiovascular physiological monitor system (for ICDs, BIV pacemakers, or CardioMems systems): 93297 & G2066
- If you have billing questions for UVA Health, please contact the Billing Department at 434-297-5416.

**Unscheduled Reports:** These are either automatic alert reports or manual transmissions that you will have to send from your home monitor. This information will be reviewed by the device team and sent to your cardiology team, who will contact you when needed. If you are having symptoms and would like send in a manual report, please send a [MyChart](#) message or call your nurse care coordinator at 434-243-1000 to report your concerns.

**If you are having symptoms such as chest pain, fainting, or shortness of breath that are unusual for you, call 911 or have someone drive you to the Emergency Department.**

### Device Team Responsibilities

- Scheduling and reviewing your reports at regular intervals, and alerts/ reports as needed. These reports will then be sent to your cardiologist and/or electrophysiologist for review. The device team hours are Monday through Friday, 8 am – 5 pm, and closed for major holidays.
- We will contact you by phone or MyChart if there are concerning findings that need to be addressed.
- We will contact you the day you are scheduled to send in a remote transmission if we have not received it by noon or if your monitor is disconnected on that day.
- Ensuring yearly in clinic follow-up for you if you have a pacemaker or ICD.

### Patient Responsibilities/Contact Information

- Set up your monitor within 6 feet of where you sleep, or set up the app on your smart phone \*\*
- For setup or connection issues, please contact the remote monitoring company directly at:
  - Medtronic Carelink: 1-866-470-7709
  - Boston Scientific Latitude: 1-866-484-3268
  - Abbott/St. Jude Merlin: 1-877-696-3754
  - Biotronik: 1-800-547-0394
  - -Leave the monitor plugged in all the time, or leave the app running in the background.
- Sign up for [MyChart](#) to view your reports and contact your care team. Contacting the team through MyChart helps provide faster care.
- UVA Health contact numbers:
  - For stable symptoms or cardiac health related questions, call 434-243-1000 and ask for your cardiologist's nurse care coordinator.
  - For device related concerns or questions, call 434-924-9696 to speak to the device team.
  - For scheduling, call 434-243-1000
  - For urgent after hours concerns, contact 434-924-0000 and ask the operator to page the electrophysiologist on call. **For emergencies, call 911.**
  - For UVA Billing, contact 434-297-5416.
- Attend your yearly in clinic follow-up appointment if you have a pacemaker or ICD. This in person appointment typically coincides with your cardiologist's follow-up appointment. It is important to keep this appointment as reprogramming and optimization of your device settings can only happen during an in clinic appointment.

\*\* App based monitoring is only available for certain device models.

## Pre-Procedure Instructions

You are scheduled for insertion of an Insertable Cardiac Monitor (ICM):

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Please check in on the second floor of UVA Hospital at the "OR/Procedure Check In". This is a glass enclosed waiting room located directly next to the walkway connecting the parking garage to the hospital building. Plan to be here a few hours.

- Please wash with Chlorhexidine soap the evening before and the morning prior to your procedure. Wash your body using a clean washcloth from the neck down, avoiding the face and areas with sensitive skin. You can rinse the soap off immediately. Use a clean towel, clean pajamas and sleep on clean sheets after taking your first shower. Do NOT use any lotion, deodorant, powder, or perfume after using this soap.
- You **can** eat and drink that day and take your medicines as normal.
- Please take all medications as prescribed.
- You **can** drive yourself to and from the procedure.
- Your skin will be numbed and a small incision made to insert the monitor. Your skin will be closed with 1 dissolvable stitch and may have steri-strips. The stitch should dissolve on its own over the next two weeks. The steri-strips will fall off on their own.

## Post-Procedure

- You will receive a phone call from a device nurse two weeks after your procedure. Please let them know if any part of the stitch has not dissolved.
- You will receive instructions on how your monitor will send monthly reports to the device team before you go home after the procedure.
- MyChart instructions for viewing your device report:
  - To access your device interrogations in MyChart please open MyChart then click the **Test Results** button at the top.
  - Click on a Cardiac Device order to open it. Under the header labeled "**Images**" you will see a hyperlink that will open your interrogation report.

To cancel or reschedule your monitor insertion procedure, call 434-982-1818 or your specific nurse care coordinator.

For questions or concerns related to monitor or equipment, call 434-924-9696 to speak with a device nurse.

## INSERTABLE CARDIAC LOOP RECORDER DISCHARGE INSTRUCTIONS

Nursing Care Coordinator, Scheduling, & Device Team: **434-243-1000**  
Mon- Fri, 8am-5pm

Evening and Weekend  
Emergency Number: **434-924-0000, ask the operator to page the  
doctor on call for the Electrophysiology Service**

**FOR YOUR SAFETY, CARRY YOUR IDENTIFICATION CARD  
AND YOUR PATIENT ACTIVATOR WITH YOU AT ALL TIMES.  
WE ALSO RECOMMEND YOU GET A MEDICAL ALERT BRACELET.**

### FOLLOW-UP

- You will receive a follow up phone call 2 weeks after implant from a device nurse. They will discuss the incision site, answer any questions about the home monitoring equipment, and check on your follow-up appointments. They will discuss instructions for sending in reports from your home monitor at that time. These reports will be sent in either monthly or quarterly as decided by your cardiologist. If you have any issues or concerns before that time, please call 434-243-1000.
- You will receive a 3 month follow-up visit with your electrophysiology provider. If you do not receive this appointment, please discuss this at your 2 week phone call.

### INCISION CARE:

- If you go home with a dressing in place, remove that dressing the day after the procedure and then leave the incision open to air.
- Do NOT get the incision area wet for 3 days. Take a sponge bath the first 3 days. You may shower after that and wash over the incision site gently with soap and water only.
- If the doctor put STERI-STRIPS (thin strips of paper tape) over the incision, you may remove these 10 days after the implant procedure if they have not come off on their own. You should have been given packets of adhesive remover to soften up the glue. If you did not get this or cannot find them, you may use fingernail polish remover on a cotton ball.
- Do not manipulate, rub, or put any ointments or salves on the incision.
- If you find that your clothing irritates the incision, a dressing or light pad may be worn over the incision site.



- You may experience some discomfort, tenderness, and bruising around the incision site. This discomfort should get better with time. You may use a covered ice bag over the incision at home for 20 minutes at a time. Protect the incision from getting wet due to the ice bag. Ask your discharging provider for recommendations for over the counter pain medicine prior to leaving the hospital.
- NO heavy exercises for 3 days

## **INFECTION AND BRUISING**

- Signs and symptoms of infection are redness, increasing pain, swelling, drainage, and bleeding. Call the device team if these symptoms occur or if you develop a temperature > 100.4 F.
- Some bruising around the device site is normal. If you develop a large amount of bruising, or the area becomes swollen, please notify the device team.

## **MAKE SURE YOUR DOCTOR KNOWS THAT YOU HAVE AN INSERTABLE CARDIAC MONITOR.**

- MRIs: MRIs are approved for use with insertable cardiac loop recorder. Please notify the provider ordering the MRI that you have an ICM.
- Contact the device team if there are any questions regarding any surgical or medical procedures that are scheduled for you.

**For more educational information, see the ICM's Reference Manual  
that was given to you after your implant procedure.**