

---

## Insertable Cardiac Monitor Discharge Instructions

Today you underwent placement of the implantable cardiac monitor (also called a loop recorder) today. A device representative reviewed your device function and remote home monitoring at the bedside today. A remote home monitoring device or app-based monitoring was provided by the representative prior to discharge. Please keep the instruction manuals given to you for future reference.

### Your Care Team:

EP Care Team List [23244]

### Important Phone Numbers

If you have questions:

**Following the procedure (Monday-Friday, 8 am - 5 pm):** Call 434-924-0000. Ask for the "Nursing Care Coordinator" listed above, or for a device issue call the Device Team at 434-924-9696.

**Evening and Weekend Emergency Number:** 434-924-0000. Ask the operator to page the "Fellow on call for the Electrophysiology" Service.

**Heart Center Centralized Scheduling (Monday - Friday, 8 am - 5 pm):** 434-243-1000

**Manufacturer of your device:** {UVA IP MANUFACTURER OF THE CARDIAC DEVICE: 305090428}

<p><b>FOR YOUR SAFETY, CARRY YOUR IDENTIFICATION CARD WITH YOU AT ALL TIMES. WE ALSO RECOMMEND YOU GET A MEDICAL ALERT BRACELET.</b></p>
--

### Follow-Up Care

- You will be called 2 weeks after implant by the Device Nurse to ensure the incision is without signs of infection. The nurse will also discuss remote monitoring with you at that time; remote monitoring will occur monthly or quarterly, depending on your cardiologist's recommendation. Alternatively, an appointment can be made for you to come to clinic for the assessment and education by calling 434-924-9696.

- UVA Device Clinic is located at Fontaine Research Park (500 Ray C. Hunt Drive, 2nd floor).
- **If you were given a monitor, plug this in and keep it located within 6 feet of where you sleep. If you are using app-based monitoring, keep the app running in the background of the smart phone.**

## **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 shower for 3 days. You may take a sponge bath but do NOT get the area wet. After 3 days, wash over the incision site gently with soap and water only
- For pain relief at home, you may use a covered icebag over the incision at home for 20 minutes at a time. Protect the incision from getting wet from the ice bag.
- If the doctor put STERI-STRIPS (thin strips of paper tape) over the incision, you may wash over these after 3 days, but do NOT remove them.
- 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 take non-aspirin pain relievers containing acetaminophen (Tylenol) in the recommended dose.
- Do NOT do heavy exercises for 3 days

## **Activities After Your Implantable Cardiac Monitor Insertion**

- There may be specific driving restrictions depending on your health situation. If your healthcare provider advises you not to drive, please follow that advice.
- As every patient situation is unique, your device doctor may order activity restrictions to suit your individual health needs and circumstances.
- Please refer to the Insertable Cardiac Monitor patient manual given to you after your procedure for information regarding remote monitoring specific to your device.

## **Infection and Bruising**

- Signs and symptoms of infection are redness, increasing pain, swelling, drainage, and bleeding. Notify the Device Service 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 Service.
- Routine antibiotics may be prescribed for several days after you leave the hospital.

## Environmental Hazards

### Home Hazards:

- Household appliances will not interfere with your device as long as they are grounded and in good working order.
- Cellphones do not interfere with your device.

### Airport Security:

- Airport metal detectors may detect your device, but they will not harm it.
- You may need to show security personnel your identification card.
- Hand-held security scanning devices may be passed over the device.

### Make Sure Your Doctor Knows That You Have an Insertable Cardiac Monitor.

- MRIs: MRIs are approved for use with the insertable cardiac monitor. Please check with your device doctor if you are told that you need to have an MRI in case your monitor needs to be interrogated.

Contact your device doctor or UVA Device Clinic if there are any questions regarding any surgical or medical procedures that are scheduled for you.

## 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 this billing code: **Insertable Cardiac Monitor: 93298 & 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 or app. 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.

## Patient Responsibilities/Contact Information

- For setup or connection issues, please contact the remote monitoring company directly at:
  - Abbott/St. Jude Merlin: 1-877-756-4873
  - Medtronic Carelink: 1-866-470-7709
  - Boston Scientific Latitude: 1-866-484-3268
  - Biotronik: 1-800-547-0394
- Leave the app running in the background if you have app based monitoring. If you have a bedside monitor, leave it plugged in within 6 feet of where you normally sleep.
- 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.