

Dean & St. Mary's Cardiac Center

Thank you for choosing St. Mary's for your health care. Our goal is to make your stay as pleasant and comfortable as possible. Valet parking is available at our main entrance on Brooks Street. This service is available from 5 a.m. to 10 p.m. daily. The valet attendant will park your vehicle and retrieve it when you are ready to leave.

Reveal Loop Recorder Implant

**Be at the Hospital Patient Registration Desk, A Level,
on:** _____

(day/date)

(time)

Call 608-258-6856 If:

- You cannot make it to your procedure on time.
- You have questions or concerns about the procedure.

What is it?

The reveal is a small light weight device that is put in just beneath the skin in the upper chest. It may be kept there for up to three years and will automatically record irregular heart beats.

Why do you need the Reveal Monitor?

You need this procedure:

- ♥ To determine if your symptoms are caused by your heart
- ♥ To detect any abnormal heart beats
- ♥ To see if your heart treatments are working, such as medications or other heart devices

Before your procedure:

- ♥ Arrange to have someone drive you to and from the hospital. The procedure, including preparation and recovery, may take about six hours.
- ♥ Come prepared to tell us of any preferences you have in your care, including: food, family visitation, and prayer.

The day before your procedure:

- ♥ If you take Coumadin (Warfarin), stop taking this medication **one day** before your procedure (unless told differently).
- ♥ You will receive a call after 2 PM the day before, with the time of arrival and instructions. If you are scheduled on Monday, you will receive a call on Friday.
- ♥ Do not eat or drink anything after midnight the evening before your procedure.

Day of your procedure:

- ♥ Do not take any medication **including:** vitamins, insulin for diabetes, herbals, **and/or** food supplements the day of your procedure unless told differently by your physician.
- ♥ Bring all your medications including any over- the- counter medications, inhalers, herbs, etc., that you are presently taking, in their **original** container with you. This will help update your records.
- ♥ Bring your insurance cards, your Advanced Directives, Durable Power of Attorney for Health Care, and/or Living Will, if you have one completed.

Note: St. Mary's offers a free public seminar every Monday at 12:30 p.m. to learn about and fill out an Advanced Directives form. No registration is necessary, check at the Information Desk for the room location.

- ♥ Leave all valuables at home including rings, watches and money.
- ♥ After you register, you will be sent to the Surgical Procedure Unit.

Preparing for your procedure:

- ♥ You will change into a hospital gown.
- ♥ A nurse will interview you and place an intravenous (IV) line in your arm.
- ♥ Blood tests and an Electrocardiogram (EKG) may be done.
- ♥ Your doctor and healthcare team will review the procedure with you. This will be a good time to ask questions and share any concerns that you may have.
- ♥ You will sign a consent form for the procedure.
- ♥ You may be given medication before the procedure that will help you relax and make you sleepy. You may be given an antibiotic to prevent infection.
- ♥ You will be away from your room at least 1 ½ to 2 hours. Please remember it is common for times to vary. We will ask your family to notify the nurse if they leave the area while you are gone.

During your procedure:

- ♥ Upon arrival to the Electrophysiology Lab (EP Lab), you will be moved from a stretcher to a table. You will lie flat on your back.
- ♥ You will hear beeps, and see TV screens nearby which show information about your heart.
- ♥ Any hair is clipped in the area where the Reveal recorder will be placed.
- ♥ Additional IV medication will be given to help you relax. You may feel sleepy afterwards.
- ♥ The area where the Reveal recorder will be placed is scrubbed with a special skin cleanser.
- ♥ You will be covered with a large sterile drape which will cover your head like a tent. If you are claustrophobic, let your healthcare team know.
- ♥ Your doctor will numb the area where the Reveal recorder will be inserted. This may sting for a short time.
- ♥ This procedure is not painful, but you may feel some pressure. Let your EP team know if you have any pain or discomfort.
- ♥ A small incision is made in your upper chest and a “pocket” is made under the skin. This is where the Reveal recorder will go.
- ♥ After the Reveal recorder has been placed, it will be tested. The pocket and skin will be closed using sutures. These sutures dissolve and do not need to be removed.
- ♥ A sterile dressing will be applied.

After your procedure:

- ♥ You will return to your room and remain in bed for 3 hours. During this time you will be able to eat, drink, and watch TV.
- ♥ Your heart doctor will talk to you and your family later in the day about your procedure.
- ♥ You will receive complete instructions from your nurse.
- ♥ You should be able to go home the same day unless your doctor tells you differently.
- ♥ A representative from the device company will instruct you and your family on how to use the Reveal’s hand held device at home.

Additional Discharge instructions:

Due to the sedation you received:

- ♥ Do not make any major or legal decisions and do not sign any legal documents for the next 24 hours.
- ♥ We strongly suggest that another adult stay overnight with you for your comfort and safety.
- ♥ Do not drive or operate hazardous machinery for the next 24 hours.
- ♥ Do not have any alcohol or take any over-the-counter medications containing alcohol for 24 hours.

Relax for the remainder of the day.

Call the Dean Clinic, 608-252-8000, if you have any symptoms or concerns. This line is open 24 hours a day.

Remember to use the hand held device for the following symptoms or problems:

- ♥ Return of rapid and/or irregular heart rate.
- ♥ Dizziness.
- ♥ Lightheadedness.
- ♥ Fainting.
- ♥ Unusual tiredness or fatigue.
- ♥ Any other symptoms linked to your problem.

Tobacco free campus

For your health, we are a tobacco-free facility and campus. Thank you for not smoking or using tobacco products on hospital grounds.

Other resources available to you at: www.stmarysmadison.com/cardiac.

Then Click on “Patient Instructions”.