

Reveal Device (Loop Recorder)

What is Cardiac Event Monitoring (Reveal Device)?

A Reveal Device is an innovative technology which allows your cardiologist to monitor your hearts rhythm over an extended period of time, from a few months up to three years if need be. The rhythms are recorded on a small device implanted under the skin on the upper chest area.

Why do I need a Reveal Device inserted?

If you have experienced unexplained fainting, dizziness, heart palpitations or arrhythmias that are not detected on a 24hr or 48hr Holter Monitor your cardiologist may recommend a reveal device. The reveal device can detect and remotely transmit details of any cardiac events captured directly to your cardiologist who can then monitor the events to determine the best course of action.

How do I prepare for Reveal Device insertion?

As this procedure is undertaken in hospital you will need to complete your admission paperwork, which the Nepean Cardiology staff will provide to you, and return to the admitting hospital at least three days prior to your admission date.

This paperwork can be submitted online for Peninsula Private Hospital if you'd prefer.

You will need to fast for six hours prior to the admission time however any medication you need to continue to take can be taken with a sip of water.

If you are currently prescribed Warfarin you will need to cease taking this medication five days prior to your admission. Please cease taking Xeralto, Eliquis and Pradaxa 2 days before. Please continue to take Aspirin, Plavix and any other medications as normal unless specifically directed by your Cardiologist to cease them. Please bring a list of current medications, or the medication bottles with you to the hospital.

You will need to have someone drive you to and from the hospital, and stay with you at home the night of the procedure. You will not be able to drive yourself or take a taxi alone after the procedure. Please advise the Nepean Cardiology staff if you do not have someone to stay with you after the procedure as they will arrange for an overnight hospital admission.

What should I expect on the day of my Reveal Device insertion?

Once admitted to hospital, you will be asked to remove any jewellery and put a hospital gown on. If required a nurse may shave the area where the reveal is to be inserted. A doctor will then give you a brief physical examination, and answer any questions that you may have.

In some cases you may be given a sedative about an hour prior to the test to help you to relax. However, you will be awake throughout the procedure.

You will be taken to a special operating theatre known as a 'Cath-Lab' on a trolley, where the doctor will inject a local anaesthetic into your chest where the device is to be inserted. Often a sedative and pain relief will be given via injection. A small incision is made.

The procedure will take around 30 to 40 minutes. When the procedure is complete, the catheter will be removed and pressure will be applied to the area where it was inserted. You will be moved to recovery to rest in bed for at least four hours. In most circumstances, you will be allowed home after one to two hours. Some people may need to stay in hospital overnight so that their symptoms can be monitored further.

The X-ray dye passes through your kidneys and is excreted in your urine.

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What happens afterwards?

Your doctor will explain the results of the procedure and the need for any further procedures. Your dressing can be removed in the shower the following day.

An appointment will be made with your cardiologist for a review and a wound check 10 days after your procedure. Your device will be checked regularly by Nepean Cardiology in our consulting rooms and remotely via a home monitoring system, which will be provided by our device technician.

You will be able to return to work 24-48 hours after your device insertion.

Unless coronary angioplasty or stenting is required you will be discharged home if someone is available to stay with you. You should avoid heavy lifting and stairs (if possible) for three days after your procedure and generally take things easy.

Are there any risks?

As with any medical tests, there are some risks, but serious side effects are rare. Most people have no trouble, and the benefits usually far outweigh the risks. You should discuss with your doctor any questions or concerns that you may have about the reveal device.