



# Jane's ILR

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# **BIG WORDS**

## **Cardiologist**

A heart expert

## **Electrocardiogram (ECG)**

A machine that records your heartbeat

## **Implantable Loop Recorder (ILR)**

A small device placed under your skin to record your heartbeat

## **Activator**

A remote controller that talks to your ILR

## **Cardiac Physiologist**

A doctor's assistant who helps to check and provide information about your heartbeat

## **Pacemaker**

A small device placed under the skin that helps your heart beat properly

Last Summer I was playing in the garden with my dog Eric, when I got a fluttering feeling in my heart. I felt very dizzy, like I had been running around in circles.

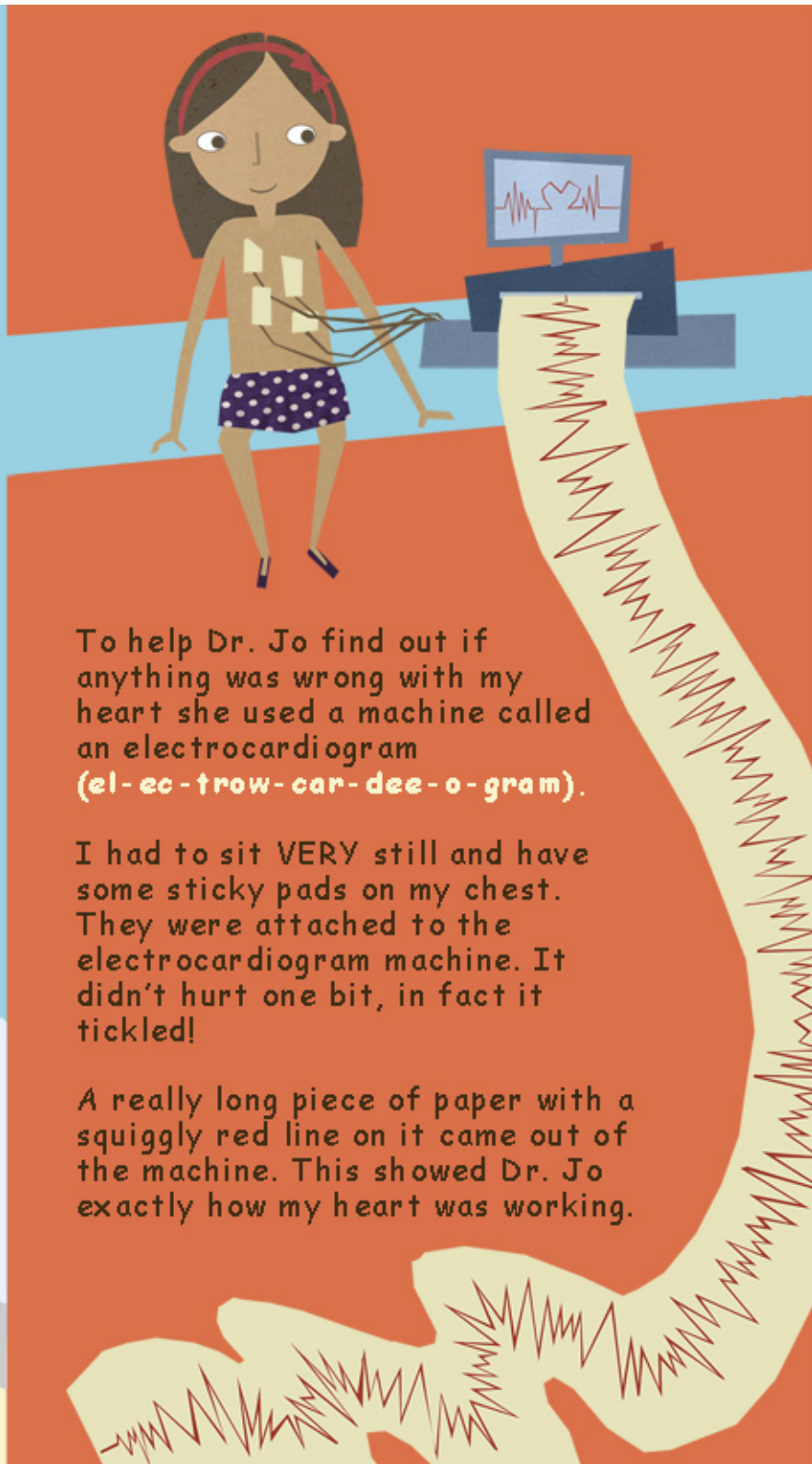


Everything went dark and the next thing I remembered was mum looking over me and stroking my head softly. I was scared and began to cry, so mum gave me a big cuddle.

A couple of days later mum took me to see the Doctor. He thought that I might have something wrong with my heart and sent us to the hospital to see a heart specialist called Dr. Jo White.

Another name for a heart doctor is a **Cardiologist** (**car-dee-olo-jist**).

Dr. Jo asked me questions about when I felt dizzy and would faint. Then she listened to my heart.



To help Dr. Jo find out if anything was wrong with my heart she used a machine called an **electrocardiogram** (**el-ec-trow-car-dee-o-gram**).

I had to sit **VERY** still and have some sticky pads on my chest. They were attached to the electrocardiogram machine. It didn't hurt one bit, in fact it tickled!

A really long piece of paper with a squiggly red line on it came out of the machine. This showed Dr. Jo exactly how my heart was working.

After all the questions and tests, Dr. Jo still couldn't work out why my heart sometimes fluttered and why I was fainting.

Then Dr. Jo showed me a tiny box called an Implantable Loop Recorder (**im-plant-a-bul loop rek-or-der**) also known as an **ILR**.

She told me that an ILR is a small computer that could record my heartbeat when I feel dizzy and unwell. It would be placed just under the skin on my chest and connected to my heart.

### Word Search

How many words can you find?  
Words can be found forwards, backwards and diagonally.

E	L	E	C	T	R	O	C	A	R	D	I	O	G	R	A	M
C	A	R	D	I	A	C	T	I	C	K	C	L	I	L	R	A
L	A	I	D	R	A	N	O	I	T	A	R	E	P	O	I	C
I	P	H	Y	S	I	O	L	O	G	I	S	T	O	O	L	H
N	N	I	L	C	V	E	L	B	A	T	N	A	L	P	M	I
I	M	P	L	A	N	T	R	O	T	A	V	I	T	C	A	N
C	I	R	E	D	R	O	C	E	R	A	T	I	C	K	L	E

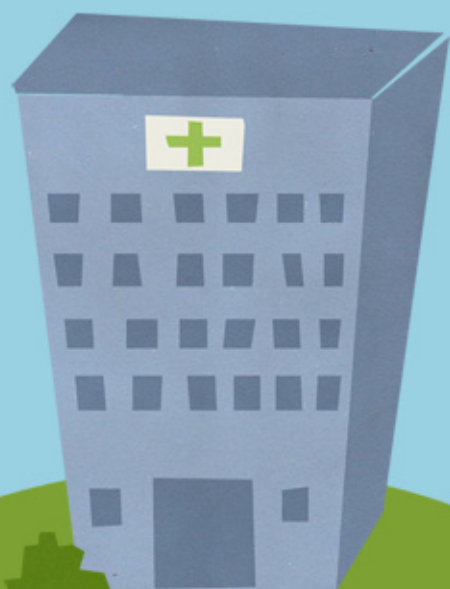
ELECTROCARDIOGRAM, MACHINE, TICKLE, IMPLANTABLE, LOOP, RECORDER, ACTIVATOR, ILR, OPERATION, CARDIAC, PHYSIOLOGIST, CLINIC



Dr. Jo then showed mum a special controller, like the one for the T.V. Called an activator (**ak-te-vay-ter**).

When I felt dizzy or fainted, mum would have to put the controller over my chest and press the big button on it.

This would record my heartbeat so Dr. Jo could see if anything was wrong.



A week later I went to the day clinic at the hospital to have my ILR fitted. I was glad mum and dad were with me because I was really nervous and could feel butterflies in my tummy.

All the doctors and nurses were very friendly. They explained that I would be asleep for a little bit and whilst I was napping the doctor would fit my ILR. They told me that I wouldn't hear, feel or remember anything!

The nurse gave me some special medicine which made my eyes feel heavy and sleepy. I was wheeled down the corridor on my bed to have my operation. I was so tired and could feel my eyes closing...

I don't remember anything after that until I woke up feeling tired and wobbly. I had a big plaster over my chest and it felt a bit sore, but the nurse said that it would not be long before it was better.

A doctor's assistant called a Cardiac Physiologist (**car-dee-ak fis-ee-olo-jist**) checked my ILR to see if it was working properly and then he said I could go home.





I didn't feel dizzy or faint for about two months after I had my ILR fitted. Then one Saturday afternoon, mum and I were in the park walking Eric when I started to feel light headed. Then I fainted!

Mum had the activator in her handbag so she got it out, held it over my chest and pressed the button. I woke up feeling tired and scared so we went straight home.

I went for a lie down while Mum sent the recorded information to the hospital and made an appointment for me to visit Dr. Jo again.



5.



At the hospital Dr. Jo told us that the ILR showed my heart was beating too slowly.

I began to feel upset but then Dr. Jo showed me a tiny box called a Pacemaker (Pay-s-may-ka).

She said that I was special, because not everybody with an ILR would need a Pacemaker.

She told me that a Pacemaker is similar to an ILR. It is also a small computer that would be put in my chest in place of the ILR. My Pacemaker would send signals to my heart to tell it to go faster and beat normally.

It was all quite scary but I was excited because my heart would soon be working properly.



Now I have an appointment at the hospital to have my ILR removed and my Pacemaker fitted.

I may have a problem with my heart but it doesn't stop me from doing what my friends do. Just sometimes my heart will have a little help from my Pacemaker.



Promoting better understanding, diagnosis,  
treatment and quality of life for individuals  
with cardiac arrhythmias.

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Please be aware that this publication includes a fictional story. The medical content of this booklet is accurate and approved but it is always necessary to discuss an individual's condition with their own doctor. This book should be read with the assistance of an adult.

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