

# Location



**A**

Linkway @ Level 1  
Via MRT station  
(Exit A)

**B**

Linkway @ Level 1

**C**

Linkway @ Level 4

Drop off only

Bus Stop

Carpark

Taxi Stand / Drop off

Kent Ridge MRT  
Station @ Level 1



5 Lower Kent Ridge Road, Singapore 119074  
Tel: (65) 6779 5555 Fax: (65) 6779 5678 Website: www.nuh.com.sg  
Company Registration Number: 198500843R

## Contact Information

### National University Heart Centre, Singapore

1 Main Building of NUH

Opening Hours: 8.30 am - 5.30 pm

(Monday - Friday)

Closed on Weekend & Public Holidays

Website: [www.nuhcs.com.sg](http://www.nuhcs.com.sg)

## Getting to NUH

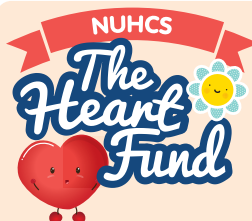
### Circle Line Kent Ridge MRT Station

Commuters can transit at the Buona Vista MRT Interchange and alight two stops after at the Kent Ridge Station. The station is served by three exit-entry points.

**Exit A:** Right at the doorstep of National University Heart Centre, Singapore.

**Exit B:** Along South Buona Vista Road, which links to Singapore Science Park 1.

**Exit C:** Leads to NUH Medical Centre.



Every day, we save lives by providing financial relief to needy patients, funding groundbreaking research and giving training to our medical specialists. This is why the support we receive is essential.

**Make a donation and help us continue the fight for every heartbeat!**

To make an online donation, log on to <http://www.nuhcs.com.sg/make-a-gift.html>

# National University Heart Centre, Singapore

A member of the NUHS

# DISCHARGE ADVICE ON IMPLANTABLE LOOP RECORDER (ILR)



## View patient education videos on NUHCS YouTube page!

STEP 01



Download a FREE QR Reader on your smartphone and scan the QR code.

STEP 02



The QR code will decode instantly. You'll be brought to [www.youtube.com/user/NUHCS](http://www.youtube.com/user/NUHCS)



Scan the QR code

## How do I take care of my wound?



### 1 Caring for wound

- Keep wound dressing intact, clean and dry at all times until your wound inspection appointment with the specialist nurse in arrhythmia management, or unless indicated otherwise by the electrophysiologist.
- Inspect site by looking at the mirror and check for any signs of wound infection or bleeding.
- Keep the dressing area **dry** during shower.

(Please refer to the "ILR wound assessment guide" on the last page.)



### 2 Recognising the signs of **bleeding** and/or **infection**.



- Sudden increase in pain at the wound site
- Swelling around wound/device site
- Increased bruising
- Increased redness and warmth around wound
- Active bleeding from wound site



- Increased in amount of discharge or presence of pus-like drainage from wound
- Fever of more than 38°C

## When to come back to see a doctor or specialist nurse?

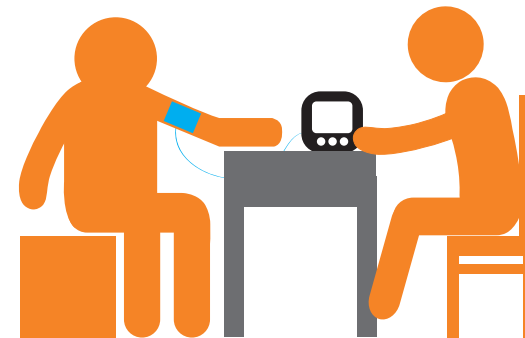


### 1 Follow-up appointments

- You are advised to **attend all** follow-up appointments as scheduled.
- Please call our appointment line @ 6772 2002 if you do not receive your appointment dates, time & venue within *2-3 working days* post discharge
- Please call the appointment line at least *5 days* prior to the scheduled appointment if you are unable to attend the clinic
- Do bring along your appointment card, and relevant memos, discharge summary and test results from your other doctors (non-NUH), if any.
- Once you have **activated the Patient Assistant Device**, please call to book an appointment to see your doctor.

#### Importance of follow-up appointments with your electrophysiologist

- Patient, wound and/or device assessments and management will be done during the follow-up appointment scheduled within the *first two weeks* of device implantation.
- Further patient care, device assessments and management will be planned out by your electrophysiologist accordingly.





## 2 When should I seek **immediate medical attention**?

- Wound dressing is exposed, wet or soiled.
- Presence of signs and symptoms of wound infection and/or bleeding.
- Feel unwell.



## 3 Where can I go to seek **immediate medical attention**?

Emergency Department of the National University Hospital (NUH) or the nearest hospital.

## 4 Where can I go to seek **early medical attention**?

- Emergency Department of the National University Hospital (NUH) or the nearest hospital.
- NUHCS Heart Clinics.

*(Please call our appointment line @ 6772 2002 to request for an early appointment with your Cardiologist-in-charge of your implanted device)*

## Important information to know



### 1 **AVOID:**

- Excessive stretching, extreme pushing, pulling, twisting, jerking or repetitive swinging movement of the arm on side of implanted device for **at least 2 weeks**.
- Trauma or unnecessary touching of implanted device site.



### 2 **Take note of special precautions on Electromagnetic Interferences (EMI).**

*(Please refer to booklet given to you by the respective Implantable Loop Recorder company for more information)*



### 3 **Keep the implanted device ID card with you at all times.**



### 4 **Comply with medication intake as prescribed by your doctor.**



### 5 **Our specialist nurse in arrhythmia management can be reached at:**

Tel: 6779 5555  
 Operation hours: 8.30am - 5.00pm  
 (Monday - Friday)  
 Closed on Weekend & Public Holidays

6 Other remark(s), please specify:

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**Consumables/resources provided prior to discharge from hospital**

- 1 Patient Manual on Implantable Loop Recorder (ILR) supplied by the respective device's company/manufacturer.
- 2 Implantable Loop Recorder (ILR) Identification Card supplied by the respective device's company/manufacturer.
- 3 Implantable Loop Recorder (ILR) Patient Assistant Device supplied by the respective device's company/manufacturer.

**Implantable Loop Recorder wound assessment guide**



**Check site within *this area* for any signs & symptoms of:**

- Active bleeding.
- Swelling.
- Increase in swelling.
- Sudden increase in pain.
- Wound infection:
  - Redness, increased swelling and/or heat,
  - Increased in amount of discharge,
  - Presence of pus-like discharge,
  - Fever of more than 38°C

**\*\*Do Not:**

- Remove the dressing.
- Touch the steri-strips at all times.
- Touch ILR site unnecessarily.