

Implantable loop recorders

Section 1 of 6: What is a loop recorder?

Understand why a loop recorder may be recommended, how it is placed, and how monitoring works.

SECTION 1

What is a loop recorder?

An implantable loop recorder, also called an implantable cardiac monitor, is a small device placed just beneath the skin of the chest. It monitors your heart rhythm over months or years and saves recordings when it detects certain rhythm changes or when you mark symptoms.

It does not have wires inside the heart. It records information - it does not pace the heart or deliver shocks.

Implantable loop recorder



A small monitor that records your heart rhythm.
It does not pace the heart or deliver shocks.

A small monitor that records your heart rhythm. Appearance and size vary by model; this illustration is not a measurement guide.

Implantable loop recorders

Section 2 of 6: Why your doctor may recommend one

Understand why a loop recorder may be recommended, how it is placed, and how monitoring works.

SECTION 2

Why might I need one?

Your doctor may recommend a loop recorder when a suspected rhythm problem happens too infrequently to capture with an EKG or a short-term monitor.

Common reasons include:

- Unexplained fainting or near-fainting: To look for slow heartbeats, pauses, heart block, or fast rhythms that could explain an episode.
- Occasional palpitations: To identify the rhythm during episodes of racing, fluttering, or skipped beats.
- A stroke without a clear cause: To look for intermittent atrial fibrillation, which can occur without noticeable symptoms.
- Long-term rhythm assessment: In selected patients, to track suspected or known rhythm problems and help guide treatment.

Why not just use a Holter monitor?

An EKG captures a brief snapshot. A Holter or patch monitor records for a limited period. If your symptoms occur weeks or months apart, the problem may not happen while you are wearing it.

A loop recorder provides a longer opportunity to capture these events.

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Section 3 of 6: How it is implanted

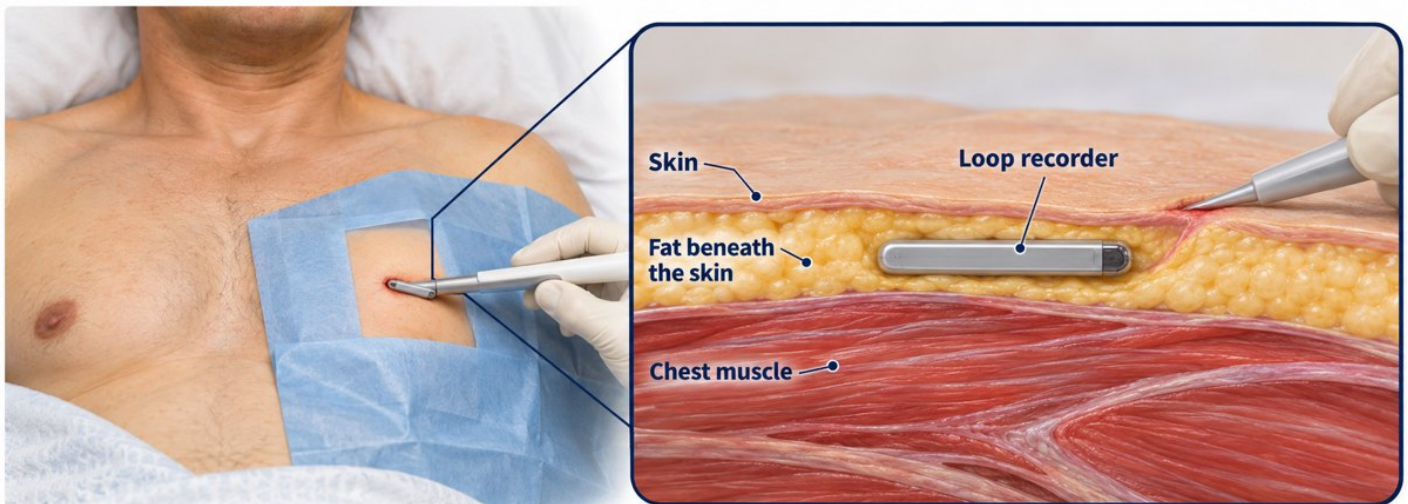
Understand why a loop recorder may be recommended, how it is placed, and how monitoring works.

SECTION 3

How is it implanted?

The skin is numbed with local anesthetic, and no sedation is given. Your doctor makes a small opening and places the recorder beneath the skin. It stays outside the heart, and patients generally go home shortly afterward.

Placing a loop recorder under the skin



The skin is numbed, and the monitor is placed through a small opening just beneath the skin.

Conceptual illustration; placement varies.

The recorder is placed in the tissue just beneath the skin, above the chest muscle. There are no leads inside the heart. Conceptual illustration; placement varies.

Driving after loop recorder insertion

You may drive immediately after loop recorder insertion because no sedation is given. Local anesthetic numbs the skin without making you sleepy. Any existing driving restriction from your doctor still applies.

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Section 4 of 6: Using your monitor

Understand why a loop recorder may be recommended, how it is placed, and how monitoring works.

SECTION 4

How do I use it?

Depending on the model, a phone app or home monitor sends saved recordings to your device clinic. Your team will show you how to mark symptoms. Record what you felt and when it happened so your doctor can compare your symptoms with your rhythm.

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Section 5 of 6: Understanding the results

Understand why a loop recorder may be recommended, how it is placed, and how monitoring works.

SECTION 5

What happens after a rhythm problem is found?

Your doctor reviews the recordings and decides whether further testing, medicines, a pacemaker, ablation, or another treatment is appropriate. Having a loop recorder does not automatically mean you need another implanted device.

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Section 6 of 6: When to seek help

Understand why a loop recorder may be recommended, how it is placed, and how monitoring works.

SECTION 6

When to seek urgent help

Remote monitoring is not an emergency service. Call 911 for severe symptoms rather than waiting for a recording to be reviewed.

Sources & further reading

[Mayo Clinic: Implantable loop recorders](#)

[Johns Hopkins: Loop recorder implantation](#)

Updated October 2026. Educational information; your own care plan may differ. Medical illustrations are simplified examples for teaching.