



# Downloading Reveal LINQ™ recording devices

This information sheet from Great Ormond Street Hospital (GOSH) explains how to download from your Reveal LINQ™ recording device and who to contact if you have any problems.

## What is a Reveal LINQ™ device?

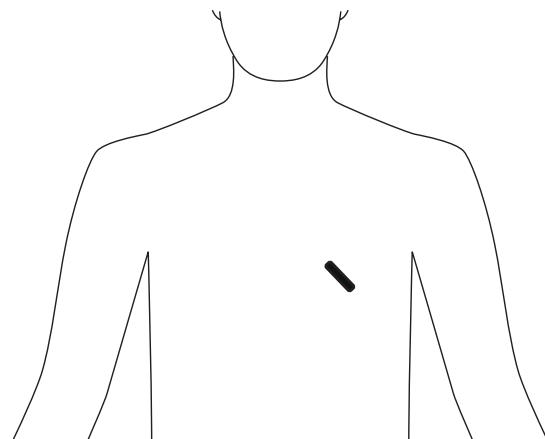
Reveal LINQ™ devices are heart monitors about the size of a memory stick that continually records your heart's activity over long periods of time. The monitor is very small and easy to insert, so once it's in place you can get back to your normal day-to-day activities.

## Why am I having this procedure?

You may be having symptoms, such as palpitations, dizziness, or fainting without an exact cause. Therefore the cardiac doctors have suggested that you have this procedure to insert the recording device to find out if these symptoms are related to your heart or not. The Reveal LINQ™ will record what is happening to your heart when you are having these symptoms.

## What are the different devices?

Reveal LINQ™ is the newest device and will be used unless not available.



## How to download from your Reveal LINQ™ device

On the day of your procedure, an electrophysiologist will come to discuss in more detail how to download the Reveal LINQ™ device. There are onscreen instructions that allow you to begin using your monitor immediately. You need to be within a cellular signal (mobile phone) area and near an electrical outlet (plug socket) to begin using the device.

For Medtronic devices:

- 1) Push 'accept' button on monitor
- 2) Remove reader from monitor
- 3) Place reader on your left chest area (where your Reveal LINQ™ device was inserted)
- 4) If working, you will see a green progress light. If you don't see a green light immediately, try moving the recorder around a bit.
- 5) Once completed, you will hear two short tones and you will be instructed to return the reader to the monitor.
- 6) A green progress bar will appear, indicating the download information is being sent to us.
- 7) A green tick or checkmark confirms it was successful.

When sending your downloads, turn off the television, computer, mobile phone or other wireless devices that are within two metres. Your Reveal LINQ™ monitoring box will search for you if you are not near it.

## How often should I send downloads?

Please send downloads according to your doctor's instructions. However, if you are having symptoms, please download the information as soon as possible. The device can only record two to four episodes (depending on the length of episode); therefore, it is important to download the information and transfer it to us as soon as possible.

Please also keep a written record of your symptoms. For example, please include the date, time, duration and a brief description of the symptoms you are experiencing. We will then be able to match this with the record we get from your Reveal LINQ™.

## How long and how many episodes will device capture?

The device will capture two to four episodes depending on the programming. The episodes can be 7 to 15 minutes in duration.

## When to call

If you have any concerns or questions about downloading advice, you can contact the electrophysiology team or use the website: [mycarelink.info](http://mycarelink.info)

You need to call the electrophysiologists whenever you are having symptoms. They need to know exactly what your symptoms are, how long, and if you have downloaded these events. If there is no one there to answer your call, please leave a message or email the details to:

**[gosh.pacing@gosh.nhs.uk](mailto:gosh.pacing@gosh.nhs.uk)**

**or**

**020 7405 9200 ext. 5241**

## When we will contact you

We will contact you if the information you have given us is unclear, the device needs to be changed for any reason, or if we have enough information to make a decision on the next course of action (including if the device needs to be removed or another form of treatment is needed).

## How long does the battery last?

Batteries last up to three years.

## How long is the Reveal LINQ™ left in place?

Reveal LINQ™ devices can be left in for up to three years. It all depends on how much information we can get from your downloads.

## Can I travel?

Yes you can travel. Please bring your Device Identification Card with you. Please check out <http://www.mycarelink.info/> and <http://maps.mobileworldlive.com/index.php> for more information.

## Things to avoid

There are different factors that can wipe data from your Reveal LINQ™.

- If you need an MRI for any reason, you need to wait at least six weeks after the procedure to have one.
- Avoid keeping your mobile phone in your breast pocket or in your handbag on your left shoulder.
- Metal detectors are safe; however, you should walk quickly through them.
- Also try to avoid being hit in the chest by any object. It should not damage the device but it could be uncomfortable for you.
- As well, laser quest can delete all of the data, so please avoid being involved in this activity.





## Follow-up

A nurse specialist will try to contact you a week after the procedure. We will also ask you to come in for a check-up with one of the electrophysiologists and doctors six weeks after your procedure. They will want to download all the information from your Reveal LINQ™ device and check your wound.

You will also have an MRI shortly after your first follow-up appointment. The amount of information we get from your downloads will depend on how many check-ups you will have. If we can gather a lot of information from your downloads then we may ask you to come in for check-ups more often.

## Contacts

Please call or email the electrophysiologist for any concerns about downloading from your Reveal® device or the nurse specialist for any other concerns or questions. We are always happy to help.

**Electrophysiologist:**

**[gosh.pacing@gosh.nhs.uk](mailto:gosh.pacing@gosh.nhs.uk) or  
020 7405 9200 ext. 5241**

**Nurse Specialist:**

**020 7405 9200 ext. 5124, 5139**

**Evenings and weekends:**

**020 7829 8829**

**Other links: [www.mycarelink.info](http://www.mycarelink.info)**

**Carelink Helpline: 03301232112  
(evenings/ weekends)**

Compiled by the Inherited Cardiovascular Disease team  
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