



Implantable Cardioverter Defibrillator (ICD) Follow Up

Why have I been given this leaflet?

This leaflet is for patients who have had an ICD fitted and their relatives. It provides general information about our devices clinic, but does not replace the need for personal advice from a healthcare professional so please contact us on the telephone numbers near the end of the leaflet if you have any questions.

First follow up:

Your first check-up will be around two weeks after the ICD has been implanted. Depending on the type of ICD you receive, this appointment will either be at the hospital or a virtual check through the home monitoring box you will have been given post implant.

If the check is at the hospital we will download all the information from your ICD at the clinic appointment and ask you how you have been feeling since you received the ICD and the wound site will be checked.

If your check is a virtual one we will review all the information the home monitoring box has sent across to us, and then give you a phone call to check your symptoms and ask you about the wound site.

The appointment letter you receive will tell you which appointment you require.

Follow up appointments:

After this, your device will routinely be checked through your home monitoring box at either six monthly or twelve monthly intervals. We will set up the home monitoring box to send through the information for us to check it. After the device has been checked you and your GP will be sent a letter to let you know. If you have any concerns, in particular about any symptoms or the wound site, then please give us a call. If you require an appointment in the hospital clinic you will receive a letter informing you of the time and date.

Further information on your Home Monitoring Box:

On leaving hospital you will have been given a home monitoring box. Research has shown that home monitoring has benefits of both keeping you out of hospital and



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increasing life expectancy. Please plug the home monitoring box into a socket next to your bed or where you normally sleep and ensure that it remains plugged in at all times. If we lose connection between the home monitoring box for more than two weeks we will receive a message from the box to tell us. We will then send you a letter informing you of this, and instructions of how to get it connected again.

Any information sent over to us by the home monitoring box will be checked by a physiologist and forwarded on to your Consultant, if necessary. Please be aware that this is not a 24 hour service and typically runs Monday to Friday 09:00 to 17:00.

What to do if you think you have received a shock:

If you think you have received one shock from your device please call us on the number below and let us know. We will check your device via your home monitoring box and make an appointment for you in clinic if required. If you receive more than two or more shocks please call 999. Do not drive yourself to the hospital as there will be a DVLA guided ban on driving if you have received a shock from the ICD. It is really important to make sure you continue with the medications that the Cardiology Consultant has prescribed, as these are what help prevent the fast life threatening rhythms starting.

If you require further information, please contact the cardiac device clinic on:

Administration queries: 01793 604250

Device queries/ symptoms: 01793 604257, Monday – Friday 09:00 – 17:00

Further information can be obtained from the British Heart Foundation website

<https://www.bhf.org.uk/informationsupport/treatments/implantable-cardioverter-defibrillator>

Medtronic Ask the ICD

<http://asktheicd.com/>

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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