



Cardiac Defibrillator (ICD) or Cardiac Resynchronisation Therapy Defibrillator (CRTD) – Post Implantation

Why have I been given this leaflet?

This leaflet is designed to give you and your family information after having your ICD/CRTD fitted.

Will I be in pain after the procedure?

You may feel some pain or discomfort during the first few days, so you may wish to take pain relieving medication. Please use your normal pain relief tablets.

There may also be some bruising where your defibrillator was inserted. This usually passes within a few days.

When can I leave hospital?

You will usually be able to go home on the same day or the day after the procedure if all is well.

You will be sent an appointment to return to hospital in around two weeks, to have your device thoroughly checked, the wound inspected and for staff to answer any questions you may have.

At this two week appointment, you will be given an ID card, which contains details of the make and model of your ICD. Always carry this with you in case of an emergency.

Keep your arm mobile by gently moving it to avoid getting a frozen shoulder.

Remove dressing 24 hours after procedure and redress with gauze, secured with tape on two sides. Redress as required until you have had your wound check appointment – you will be given a supply of dressings.

Check your ICD/CRTD site for any signs of infection such as redness, swelling. Please contact the Wiltshire Cardiac Centre Outpatients on 01793 604063 (Monday –Friday 0900 – 1700) if you notice any signs of infection.



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Your remote monitoring box:

On leaving hospital you will have been given a remote monitoring box. Research has shown that remote monitoring has benefits of both keeping you out of hospital, and increasing life expectancy.

Please plug the remote monitoring device into a socket in your bedroom or where you normally sleep.

Please check daily that your remote monitoring box is plugged in and switched on. If you go on holiday for more than three weeks please call the device clinic on 01793 604257, as your remote monitoring device will start to alert us after this time period.

What do I do if I have a shock?

People typically describe shock therapy as like “being thumped in the chest”. If you feel the device give you a single shock and you feel relatively well afterwards, please telephone the device clinic on 01793 604257. We can review your device via remote monitoring to confirm the cause of the shock and to check that it was appropriate.

We may be happy the device has acted appropriately and no further action is required. Alternatively, we may ask you to come in to hospital for device reprogramming or to be assessed by one of our cardiology team.

If you receive multiple shocks or feel unwell after any shock therapy please dial 999.

What do I do if I get symptoms of dizziness or feel that I am about to pass out?

Please contact the device clinic if you experience symptoms of dizziness or feel that you are about to pass out. We will check your ICD via your home monitoring box. We will check whether there have been any episodes and inform you of any action required.

Will I always need an ICD?

The average life span of an ICD battery is between five and eight years; this means you are likely to require a new device in the future. At this point, we will discuss with you the risks / benefits of having the device replaced and also listen to your wishes as to whether you would like the device replaced with the same functionality.

Currently you are well, however there may come a point in the future where your condition worsens. At this stage it may be appropriate for the “shock therapy” features of the device to be deactivated (turned off), for example if you were to become terminally ill. If this happens, we will discuss what the best course of action will be regarding possible deactivation of shock therapy. These discussions will take place between you and your family and the health care team looking after you. The



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pacing function of the device will remain unchanged. Further information on deactivation can be found in leaflet “Deactivating Your ICD / CRTD” found in your pre-discharge pack.

Driving with an ICD/CRTD:

The DVLA have strict rules regarding driving with an ICD and frequently change their guidelines. Please make yourself familiar with the most current guidelines by visiting their website www.DVLA.gov or by asking one of the device physiologists in clinic.

On leaving hospital, you should inform the DVLA by completing form DEFIB1 given to you by your cardiac physiologist. You should also inform your insurance company that you have had an ICD/CRTD fitted.

On leaving hospital you cannot drive for a period of month(s).

If your device delivers therapy in the future you will receive a further driving ban. The physiologist will advise you on the length of ban and again you must inform the DVLA.

Will my ICD/CRTD be affected by electrical equipment?

Most ordinary household electrical equipment is safe to use. This includes microwaves and mobile phones.

Please ensure you follow these guidelines:

- **Induction hobs** – Please avoid, or if this is not possible - keep a minimum of one metre distance between you and the hob when it is working.
- **Mobile phone** – Avoid placing your mobile phone in a breast pocket.
- **Airport security** – Carry your ICD ID card, as this must be shown at security.
- **MRI scan** – Check with your device physiologist to see if the device is safe to be scanned. **Reprogramming of your device is always required prior to an MRI scan.**
- **Electronic surveillance** – Shop anti-theft devices are safe, as long as you pass through quickly.
- **Lithotripsy/ Electrocautery** – Must be avoided.
- **Work** – Avoid strong magnetic fields; arc welding, diathermy, high power radio and TV transmitters, or direct contact with car ignition systems.

How often will I need follow-up appointments?

You will need follow-up appointments for the rest of your life. These will usually be every six months. Often these appointments can be performed from your own home using your home monitoring device.



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If you have concerns or queries please contact the Device Clinic on:

Administration queries: 01793 604250

Device queries: 01793 604257, or 01793 604020 and ask for bleep 1152.

Monday – Friday 08:30 – 17:30

We are committed to patient care.

If you want to comment on the service, please contact us at the time, or write to:

Patient Advice Liaison Service
The Great Western Hospital
Marlborough Rd
Swindon
SN3 6BB
www.gwh.nhs.uk

From 1st January 2019 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

Document Control

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