

# Implantable Cardiac-Defibrillator (ICD)

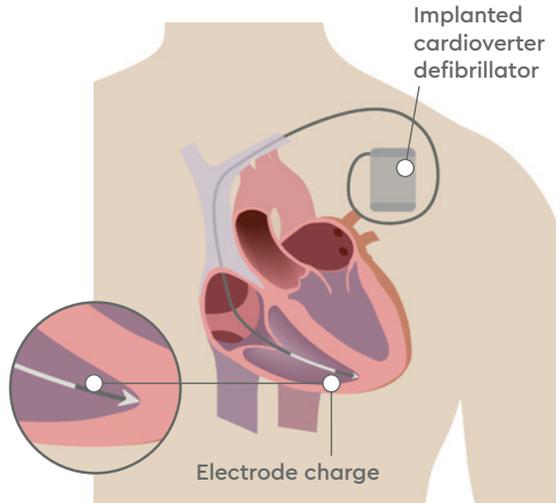
Patient information



## What is it?

An implantable cardioverter-defibrillator (ICD) is an electronic device that prevents your heart from beating too quickly. This fast heartbeat is due to an abnormal heart rhythm called a 'tachyarrhythmia'.

The ICD consists of two parts: a generator (battery) and one or more electrodes (wires). In a life-threatening situation, these electrodes can correct fast heart rhythms by carrying electrical impulses or even an electrical shock from the generator to your heart. ICD devices can also act as a standard pacemaker to pace your heart if it is beating too slowly.



## What should I expect?

Your cardiologist may prescribe a sedative before the procedure. A nurse will clean (and shave) an area of your chest where the ICD will be implanted, to help prevent infection. An ECG and blood pressure monitor will track your heart rate and blood pressure while you lie on the table in the cardiac catheterisation laboratory.

Implant procedures are typically performed using general anesthesia or sedation with local anaesthetic.

- Placement of the ICD will occur below the collar bone at the top of the chest
- The cardiologist will make a 5cm incision and create a small pocket under the skin to hold the ICD
- The wires to the heart are placed into a vein through the same incision. The vein tracks along the top of the lung and down into the heart
- A 1mm screw attaches the wires to the heart muscle
- The cardiologist will then close the incision with sutures and apply a waterproof dressing directly over the area

# Preparation

**Do not eat or drink anything for six hours before your procedure.** If you have diabetes, talk to your cardiologist about your food and insulin intake, as these can affect your blood sugar levels.

- Also, ask your cardiologist whether to withhold any medications (especially blood thinning medications) before your procedure
- Finally, bring a list of your medications to the procedure on the day

Make sure you **read the consent form** and understand the risks involved with this procedure. Please clarify any concerns or queries with your cardiologist before signing the form.

## What happens after the procedure?

We will return you to the hospital ward after the ICD implantation. You will usually be discharged from hospital the next day, after your cardiologist reviews you and the pacing technician checks your ICD. Seven to 10 days after implantation, you will have an appointment to remove your waterproof dressing, usually with your local doctor.

**Call GenesisCare or your treating cardiologist promptly if you have:**

- redness, swelling, or pain around the incision site
- fever
- ooze or bleeding from the incision site

### Activities:

It takes a few weeks for the ICD wires to firmly attach inside the heart. Therefore, you need to limit arm movement on the side of your defibrillator.

### Home appliances:

You may use home appliances, including electric blankets and microwave ovens. These appliances will not harm your ICD.

### Identification and travel:

You will receive an ICD identification card before leaving the hospital. Carry this with you always. There are no travel restrictions, although your ICD may set off security devices in airports and these devices may interfere with your ICD. Always show your ICD card to airport personnel.

## For more information:

[genesiscare.com/ICD](http://genesiscare.com/ICD)

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