

## IMPLANTABLE CARDIO-DEFIBRILLATOR (ICD)

### WHAT IS IT?

An implantable cardio-defibrillator (ICD) is an electronic device that prevents your heart from beating too quickly. This fast heart beat usually arises from 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. Modern ICD devices can also act as a standard pacemaker to stop your heart beating too slowly.

### PREPARATION

Do not eat or drink anything for 6 hours before your procedure. If you have diabetes, you should talk to your Cardiologist about your food and insulin intake as these can affect your blood sugar levels. Also, inquire with your Cardiologist whether you should withhold your medicines (especially blood thinning medications) before this procedure. Finally, bring a list of your medicines to the procedure.

Your Cardiologist may prescribe a sedative before the procedure. A nurse will clean and shave the area of ICD implantation, this prevents infection. A cardiac and blood pressure monitor will watch your heart rate and blood pressure while you lie on the table in the Cardiac Catheterization Lab.

Injection of local anaesthetic (numbing medication) will numb the area of skin previously cleaned and shaved.

Placement of the ICD will occur under heavy sedation below the collar bone at the top of the chest. The Cardiologist will make a 5 to 10 cm incision and create a small pocket under the skin to hold the ICD. The Cardiologist will then close the incision with sutures and apply a dressing directly over this area.

You will then return to the hospital ward after the ICD implantation. The ICD technician will check your pacemaker and your Cardiologist will review you before discharge from hospital, usually the next day.

### FOLLOWING THE PROCEDURE

When you visit your local doctor 7 to 10 days after implantation, they will remove your dressing. The dressing is waterproof. Call Heart Care Partners (07 3858 8600) 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.

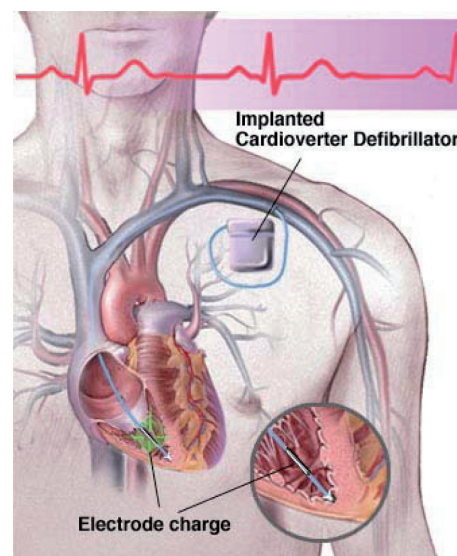
### HOME APPLIANCES

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

### IDENTIFICATION AND TRAVEL

You receive a ICD card before leaving the hospital. Carry this always. There are no travel restrictions. However, your ICD may set off security devices in airports. If this happens, simply show airport personnel your ICD card.

You should read the consent form and understand the risks involved with this procedure. Please clarify any concerns or queries about this procedure with your Cardiologist before signing this form.



BOOKINGS 07 3858 8690

Disclaimer: This brochure has been prepared by Heart Care Partners for informational purposes only and is not medical advice. All care has been taken to ensure the accuracy of information, however, this information may be changed, improved, or updated without notice.

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