



Implantable Cardiac Defibrillators (ICD)

An ICD is an electronic device that constantly monitors your heart rate and rhythm. When it detects a very fast abnormal heart rhythm, it delivers energy to the heart muscle which causes the heart to beat normally again. An ICD may be necessary for people who have had an episode of sudden death or ventricular fibrillation, and certain patients after a large heart attack or have moderate to severe heart failure on maximal medication and other rare heart conditions.

Preparing for the Study

1. Because this is a surgical procedure, the risks and benefits of receiving an ICD will be thoroughly explained to you.
2. Do not eat or drink after midnight of the evening before the procedure.
3. Take medications with small sips of water. Be sure to inform your doctor if you are on Coumadin, which will need to be held on for two days prior to the procedure. If you are taking medications for diabetes, these should be stopped the night before the procedure.

What to Expect

1. Your left or right side from your neck to your groin will be cleaned and shaved and you will be covered with sterile sheets. You will be given IV medications such as antibiotics and medications to help relax you and keep you free of pain.
2. A small incision will be made under your collar bone.
3. The lead(s) will be placed into a vein and guided inside your heart chamber.
4. The generator will be placed under the skin in the upper chest and attached to the lead(s).
5. Heart rhythm, pulse and blood pressure will be monitored throughout the procedure.

After the Procedure

You may be sore after the procedure. Over the counter medications may be sufficient to make you feel comfortable. However, your doctor can prescribe stronger pain medications. You will need to keep the incision site dry for about five days and watch for redness, swelling, drainage, fever or chills. For any of these symptoms, please call your doctor. For this, please call your doctor. If the ICD implant is in your abdomen, avoid wearing tight fitting clothing or tight belts. You can return to most activities when you return home but should avoid lifting objects greater than 10 pounds or pushing or pulling heavy objects. You will need to avoid strong electric or magnetic fields. Specific instructions will be provided by your physician or nurse. Do not undergo MRI testing.

You will receive a permanent ICD identification card which states the type of ICD and leads you have, the date of implant and the implanting doctor. Keep this card with you at all times.

If you receive a shock:

Stay calm and ask someone to stay with you. If you do not feel well after the shock call your doctor or an ambulance (911). If you feel fine, you do not need to seek immediate medical attention but should call your doctor within 24 hours. If you receive multiple shocks or you experience loss of consciousness, you should call 911 and ask the ER physician to contact our office or on call doctor.

Date of Procedure _____ **Hospital** _____

Your follow up appointment is scheduled on _____ at _____.

Thank you for allowing the cardiologists of the Florida Medical Clinic to participate in your healthcare needs.