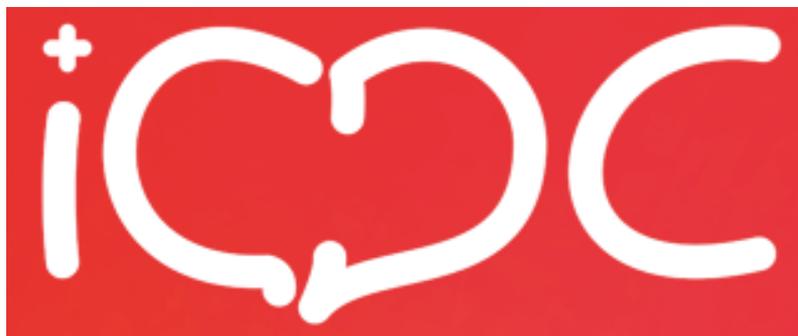


Patient information

For people living with an Implantable Cardioverter Defibrillator (ICD)

**Sponsored by
ICDC Surrey**



Logo designed by Harry Poole.
It represents care, support and the heart.



All about ICDC Surrey

ICDC Surrey is a patient support group. We provide a forum for people who have had an ICD implanted at any hospital in Surrey.

We welcome contact from patients, family, carers, friends and clinical staff, and all are invited to our education and social events.

Some people take a bit longer to get their confidence back after having an ICD implanted and we have members who are happy to have a friendly chat.

We are most often asked about guidelines for driving after an ICD, and we will do our best to point you in the right direction.

Keep up to date by visiting our website and social media pages. Email us, or ask at your next pacing check.

Website: <http://icdc-surrey.org.uk>

Blog: <http://defibrillatorclub.blogspot.co.uk>
(updated by Dr Beeton)

Facebook page: <https://www.facebook.com/icdcsurrey/>

Twitter feed: https://twitter.com/ICD_Club

Email: icdcsurrey@btinternet.com
(for membership, mentoring and general questions)



Who we are

Dr Ian Beeton
Consultant Cardiologist
St Peter's Hospital

Mrs Christina Potter
Cardiac (Pacing) Physiologist
St Peter's Hospital

Mrs Judi Linney MBE

Mr Duncan Reid

In order to carry on our activities and to expand to all Surrey hospitals, we do need more volunteers for our committee. Please get in touch if you would like to help.

Thank you.

A handwritten signature in black ink that reads 'Ian Beeton'.

**Ian Beeton
March 2018**

Ashford and St. Peter's Hospitals 
NHS Foundation Trust



Useful telephone numbers

St Peter's Hospital Chertsey	01932 872000
Birch Acute Cardiac Unit (BACU) St Peter's Hospital	01932 723246/722012
Pacing clinic St Peter's Hospital	01932 722530
Arrhythmia nurses St Peter's Hospital	01932 726496
Cardiac rehab St Peter's Hospital	01932 722207
Cardiology department East Surrey Hospital	01737 231661
Pacing clinic Epsom Hospital	01372 735735 extn 6054
Cardiology department Frimley Park Hospital	01276 604754
Pacing clinic Frimley Park Hospital	01276 604755
Pacing clinic Royal Surrey County Hospital	01483 571122 extn 4686

USEFUL LINKS



Arrhythmia Alliance

www.heartrhythmcharity.org.uk



British Heart Foundation

www.bhf.org.uk



Cardiac Risk in the Young

www.c-r-y.org.uk



Cardiomyopathy Association

www.cardiomyopathy.org



Medicalert

www.medicalert.org.uk



Frequently asked questions

How does a defibrillator work?

An ICD acts as a heart monitor. The leads attached to your heart muscle feed signals back to the box under your skin. The level of detection will be set differently for each patient, from 130 to 200 beats per minute.

If your heart rate goes too high, the ICD will detect this and begins a series of tests to determine if the rhythm is normal or abnormal. If the device determines that treatment is needed, the device will deliver the pre-programmed therapy, which may be fast pacing stimuli, or low/high level shocks.

The device will continue to treat until the heart rhythm returns to normal, or all the treatments have been delivered. This could be up to 7 shock therapies. If your rhythm returns to normal, the device will return to its monitoring setting.

What about my medication?

Do not stop taking any prescribed medication without discussing this with your cardiologist or GP.

Who should I contact if I feel unwell?

Your first point of contact should be your GP. However, if you feel faint, dizzy, experience palpitation or receive a shock from your ICD – contact the pacing clinic. Out of hours, go to Accident and Emergency if you have received more than one shock or feel unwell after a single shock. Do not drive if you have received a shock.



Frequently asked questions

Will I be aware of my ICD?

This depends. Anxious patients will be more aware. Thinner patients may be able to see the outline of the device under the skin. This should not prevent you from doing your daily activities, but if you have any concerns, please mention this at your pacing check.

How quickly will my wound heal?

Typically, this takes 4 to 6 weeks. Sometimes, 'pins and needles' or short, sharp twinges are felt for several months as the tissue heals. The wound may itch as it heals. This is normal. If the wound is red and inflamed, or there is pus visible, please contact your GP and/or pacing clinic.

If you are looking for information about the ICD implantation procedure, please go to the Cardiology section on the Ashford and St Peter's Hospitals website:

<https://www.ashfordstpeters.info/leaflets>

When can I get back to normal?

A post-implant check is scheduled between 4 to 6 weeks after the procedure. Discuss any concerns you may have at your device check. 'Fitness to fly' must be discussed with your cardiologist.



Frequently asked questions

When can I return to work?

Everyone needs a little time off work after ICD implantation. Discuss your needs with your cardiologist. You will need to avoid strenuous exercise, and activities that involve arm movement, to give your ICD time to settle down and for the wound to heal. This usually takes 4 to 6 weeks. Do gentle exercise and keep mobile.

Can I have sex?

Yes! If it was OK before, it will be OK after your ICD procedure.

Will I be able to travel?

If you feel fit and well and there is no other medical reason not to travel, then it is fine to do so with an ICD. See our travel tips section.

What happens if someone is touching me when I receive a shock from my ICD?

If you are shocked by your ICD it will make you jump, but anyone touching you will not be harmed and may feel a slight tingle.

Young children or grand children will not be harmed.



Frequently asked questions

What will I feel during ICD therapy (shock)?

Many patients are unaware of pacing therapies but you will feel a shock treatment if you are conscious at the time. Initially, you may feel palpitation with a fast heart rhythm, and start to feel dizzy as your blood pressure drops. If you have time, sit down.

A shock treatment can be unpleasant. You should not attempt to drive if you are in a dangerous rhythm.

What happens if the ICD doesn't work?

If the ICD has delivered a shock and the pulse is still rapid, dial 999.

If you are with someone and they become non-responsive, you should dial 999 and start firm chest compressions, and continue chest compressions until the paramedics arrive.



Travelling with an ICD

If you have been given a magnet, take it with you.

Don't forget the suntan lotion and a hat, especially if you are taking Amiodarone.

If you have had a satisfactory pacing check and no heart rhythm problems for two months, then you are OK to travel. Be sure to factor in any extra assistance you may require at the airport. If you have remote monitoring, you could take this with you on holiday. Before you go, get the number of the local pacing clinic, should you need it in an emergency. Your pacing clinic may be able to help with this.

Airlines and insurance companies vary with respect to the information they require prior to travel. You should ask and plan ahead if a certificate of fitness to travel is required.

Make sure that you have your ICD card with you when you go through security. Walk quickly through the detector. You might trigger the alarm, but your ICD will be fine.

Check on required vaccinations and take advice with regard to the use of anti-malarial medication with anti-arrhythmic drugs.

Useful contacts for arranging travel insurance

Staysure Co Ltd [0844-6928444]

www.staysure.co.uk/medical

They specialise in the over 50 years old group.

Insure for All [0800-0821271]

www.insureforall.com

They specialise in the over 50 years old group.

AllClear Insurance Services Ltd [0845-250-5350 or 5222]

www.allcleartravel.co.uk

Specialise in over 50 years old group, especially “cruising”.



The DVLA and driving with an ICD

There are many rules and regulations about driving with an ICD. These do change from time to time, so please check.

<https://www.gov.uk/government/publications/at-a-glance>

Your cardiologist will tell you for how long you may not drive.

This could be one month or six months. You should tell the DVLA and your motor insurance company immediately.

Your cardiologist will be required to complete another DVLA form at six months, to confirm your fitness to drive.

Taxi drivers, train drivers and pilots will need additional information before returning to work. Check with your local medical panel for their requirements and allow enough time for the paperwork to be done.

Bus drivers and Heavy Goods Vehicle (HGV) drivers will not be permitted to return to work.

If you experience a shock and/or lose consciousness after your device is implanted, you must inform the DVLA and they will advise on a further driving ban.

Remember to keep a copy of all the documents submitted to the DVLA.



ICDs – fact and fiction

Your ICD is housed in a metal case and when implanted in your body will be well protected from external electronic signals. ICD manufacturers ensure that ICD devices have safety features to prevent interference with the sophisticated electronics.

If you work in an environment of high electrical interference, let your pacing team know.

Domestic appliances including electric drills, CD/MP3/iPods, TVs, hairdryers, microwave ovens, computers, hedge cutters, lawnmowers and sewing machines, are all safe to use.

ICDs have been tested at a range of 25 cm above an induction hob. If your ICD is closer than 25 cm to the hob then it might malfunction. Sensible ICDC members would not put their chest very close to any hot hob (gas, electric or induction).

Mobile phones are safe, although we recommend that you keep and use your phone on the side opposite to where your device is implanted.

If you have a question about your ICD, please just ask!



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**Membership Form
ICDC Surrey
Patient Support Group**

First name:	Last name:
Postal address:	
Post code:	
Email address:	
Telephone:	
Mobile phone:	

- I would like to join the patient support group
- I consent to be contacted by email

<input type="checkbox"/>
<input type="checkbox"/>

We would prefer to communicate by email whenever possible. Your information will only be used by ICDC Surrey. It will not be available to any other party. Information distributed by ICDC Surrey will never contain patient information or medical records.

Please return to:

Dr Ian Beeton
Cardiology Department
St Peter's Hospital
Chertsey
KT16 0PZ

icdcsurrey@btinternet.com