

Life With Your ICD



Frequently Asked Questions

Normal Function

- Your Implantable Cardiac Defibrillator (ICD) can treat dangerously fast heart rhythms. It may give some very fast pacing, or a big electrical shock which will re-set your heart to its normal rhythm.
- Make sure you know what to do in the event of a shock. Your **Shock Plan** can help.
- Your ICD may settle in time and move slightly from where it was first implanted. **Do not touch or rub your device** where it sits under the skin.

Electronic Equipment

- **Do not keep electronics or magnets near your ICD.** Cell phones or cases with magnetic components should not be placed over the device.
- Most modern household equipment will not interfere with your ICD if kept *at least 6 inches away*.

Dental and Medical Equipment

- **Notify your care team that you have an ICD.** Procedures like surgery or other medical or dental treatments can affect the way your ICD works – either making it treat you inappropriately or preventing it from treating you when it should. Your care team can manage these issues if they are aware of your device.
- **MRIs are possible** with many modern ICDs, but they do require extra organization. Let your team know you have one, and the pacemaker and medical imaging teams will make the necessary arrangements.
- **Do not use TENS or “Dr. Ho’s” machines,** or any equipment that will put an electrical current through your body.

Travel

- **Keep your wallet card** with you.
- **Inform security personnel** that you have an ICD. Most modern security screeners are safe for your ICD. Do not allow a security wand to be held directly over your ICD.

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ICD Shock Plan

How to Deal with a Defibrillator Shock or Loss of Consciousness

Shocks can be startling and painful. They don't necessarily mean there is an ongoing problem with your heart.

If you receive a shock, sit down. Focus on your breathing and let your heart settle.

Do you feel:

- Chest pain or chest pressure?
- Lightheaded or faint?
- Your heart beating quickly or racing?
- Dizzy or confused?
- Short of breath?



I FEEL OKAY

- Write down when you received the shock, what you were doing before, and how you felt after.
- Call the Royal Jubilee ICD clinic and leave a message:
 - **250-370-8670**
- **DO NOT DRIVE UNTIL YOUR DEVICE PHYSICIAN SAYS YOU CAN RETURN TO DRIVING.**



**I FEEL BAD, or
I HAD 2 SHOCKS, or
I LOST CONSCIOUSNESS**



Call 9-1-1
DO NOT DRIVE YOURSELF