

# Dean & St. Mary's Cardiac Center

Thank you for choosing St. Mary's for your health care. Our goal is to make your stay as pleasant and comfortable as possible. Valet parking is available at our main entrance on Brooks Street. This service is available from 5 a.m. to 10 p.m. daily. The valet attendant will park your vehicle and retrieve it when you are ready to leave.

## **Implantable Cardioverter Defibrillator (ICD) Implantation**

**Be at the Hospital Patient Registration Desk, A Level, on:**

(day/date)

(time)

**Call 608-258-6856 if:**

- You cannot make it to your procedure on time.
- You have questions or concerns about the procedure.

### **What is it?**

An ICD is a small, lightweight electronic device that monitors your heartbeat. It is placed just beneath the skin in your left shoulder near your collarbone. If the heart beats too fast, the ICD will give you a small shock to slow your heart back to normal. If the heart beats too slowly, a pacemaker within the ICD will increase it.

### **Why do you need an ICD?**

Your doctor recommends this procedure for the following reasons:

- ♥ You may have experienced dizziness, fainting spells, confusion or shortness of breath with a fast heartbeat.
- ♥ As prevention because some fast heartbeats can be life threatening.
- ♥ To control fast heartbeats that may be caused by heart problems.

### **Before your procedure:**

- ♥ If you take Coumadin (Warfarin), stop taking this medication **three days** before your procedure (unless told differently).
- ♥ Arrange to have someone drive you to and from the hospital. The procedure, from admission to recovery, may take up to eight hours.
- ♥ Your procedure will require an overnight stay in the hospital.
- ♥ Come prepared to tell us of any preferences you have in your care, including: food, family visitation, and prayer.

### **The day before your procedure:**

- ♥ You will receive a call after 2:00 p.m. the day before, with the time of arrival and instructions. If you are scheduled on Monday, you will receive a call on Friday.
- ♥ Do not eat or drink anything after midnight the evening before your procedure.

### **Day of your procedure:**

- ♥ Do not take any medications **including** insulin for diabetes, vitamins, herbals, **and/or** food supplements the day of your procedure unless told differently by your doctor or during your pre- procedure phone call.
- ♥ Bring all your medications including any over-the-counter medications, inhalers, herbs, etc., that you are presently taking, in their **original** containers. This will help update your records.
- ♥ Bring your Bipap/Cpap machine if you have one
- ♥ Bring your insurance cards, your Advance Directives, Durable Power of Attorney for Health Care, and/or Living Will, if you have one completed.

**Note: You can view more information on Advance Directives on our website: [www.stmarysmadison.com](http://www.stmarysmadison.com). Click on the Patient tab and then click on Advance Medical Directives. St. Mary's offers a free public seminar every Monday at 12:30 p.m. to learn about and fill out an Advance Directive form. No registration is necessary, check at the Information Desk for the room location.**

- ♥ Leave all valuables at home including rings, watches and money.
- ♥ After you register, you will be sent to the Surgery and Procedure Center.

### **Preparing for your procedure:**

- ♥ You will change into a hospital gown.
- ♥ A nurse will interview you and place an intravenous (IV) line in your arm.
- ♥ Blood tests and an Electrocardiogram (EKG) will be done.
- ♥ Your heart doctor and healthcare team will review the procedure with you. This will be a good time to ask questions and share any concerns that you may have.
- ♥ You will sign a consent form for the procedure.
- ♥ You may be given medication before the procedure that will help you relax and make you sleepy. You will be given an antibiotic to prevent infection.
- ♥ You will be away from your room at least 1 ½ to 2 hours. Please remember it is common for times to vary depending on your procedure. Your family and belongings will be taken to your new room. We will ask your family to notify the nurse if they leave the area while you are gone.

### **During your procedure:**

- ♥ Upon arrival to the Electrophysiology Lab (EP Lab), you will be moved from a stretcher to a table. You will lie flat on your back.
- ♥ You will hear beeps; see TV screens and an x-ray camera which will rotate around you.
- ♥ Hair may be clipped in the area where the ICD will be placed.
- ♥ Additional IV medication will be given to help you relax. You may feel sleepy afterwards.
- ♥ Contrast dye will be injected into your IV. A warm feeling may travel through your body and last for a few seconds.
- ♥ An x-ray picture will be taken of the large vein that goes into your heart from the arm.
- ♥ The area where the ICD will be placed is scrubbed with a special skin cleanser.
- ♥ You will be covered with a large sterile drape, which will cover your head like a tent. If you are claustrophobic, let your health care team know.
- ♥ This procedure should not be painful. You may feel pressure, but let your EP team know if you have any pain or discomfort.
- ♥ Your doctor will numb the area where the ICD will be inserted.

- ♥ An incision is made just under the collarbone and a “pocket” is made under the skin. This is where the ICD will go.
- ♥ Special wires (called leads) will be inserted through the chest incision. With the help of an x-ray camera, your doctor will guide the lead(s) into your heart. If one lead is inserted it is called a single chamber ICD. If two leads are inserted, it is called a dual chamber ICD.
- ♥ Each lead will be placed and tested. You will be given extra medicine to make you sleepy. The ICD system will then be tested.
- ♥ The ICD will be programmed to treat your problem.
- ♥ The pocket and skin are closed using sutures. These sutures dissolve and do not need to be removed.
- ♥ A sterile dressing will be applied.

**After your procedure:**

- ♥ You will be taken to the Cardiovascular Intermediate Care Unit (CVICU) to stay over night.
- ♥ Your family and belongings will be waiting in your new room.
- ♥ You will remain on bed rest until instructed by your nurse.
- ♥ You will wear an arm sling for 24 hours. This will prevent you from over-using your arm and moving the leads.
- ♥ Your heart doctor will talk to you and your family later in the day about your procedure.
- ♥ A representative from the ICD company will check your device before you leave the hospital to make sure it is working properly.
- ♥ You will receive complete instructions from your nurse.

Call the Dean Clinic, 608-252-8000, if you have any concerns. This line is open 24 hours a day.

**Tobacco free campus**

**For your health, we are a tobacco-free facility and campus. Thank you for not smoking or using tobacco products on hospital grounds.**

Other resources available to you at: [www.stmarysmadison.com/cardiac](http://www.stmarysmadison.com/cardiac).

Then, click on “Patient Instructions.”

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