

Living with a Defibrillator - Patient Information.

Driving: If you hold a normal driving licence then certain driving restrictions apply depending on the indication for your implant.

- 1) If you have had your ICD for a sustained ventricular arrhythmia with associated incapacity then you must **stop driving** for six months. You must **NOTIFY DVLA**.
- 2) If you have had your ICD for prophylactic reasons then you must **stop driving** for one month. You must **NOTIFY DVLA**.

Should the ICD subsequently deliver anti-tachycardia pacing and/or shock therapy for a ventricular arrhythmia then you **must stop driving for at least six months, possibly 2 years** depending on your drug therapy. You must **NOTIFY DVLA**.

If you are a HGV/PSV licence holder then you **ARE PERMANENTLY BARRED**.

[Please note the DVLA review their driving regulations biannually]

Employment: If you work in industry, telecommunications, car maintenance, welding etc then there is a risk of interference. You may need to have a site visit.

Plumbing & Heating Engineers: Magnetic water filters should be kept a minimum of 6 inches (15cm) away from the implant.

Home Life: Most mechanical and electrical appliances that you use in your daily life are safe to use.

You can safely use microwaves, vacuum cleaners, lawn mowers and computers as long as they are in good working order.

Electric shavers, beard trimmers, electric toothbrushes, hair dryers and any other electrical equipment used around the head or neck area **MUST** be kept at least 6 inches (15cm) from the implanted device and be in good working order.

Induction Hobs: You **MUST** keep at least 24 inches (60 cm) between the top of the stove and the device.
Do not lean over the stove.

Mobile & Cordless Phones: You **MUST** hold the phone over the opposite ear to the device. **Do not** place in a breast pocket above the device.

I pods & MP3's: Please keep units a minimum of 6 inches (15cm) away from your implant. **Do not** place in a breast pocket above the device.

Hobbies: **DIY-** You are able to use power tools as long as they are in good working order and you **MUST** keep a minimum of 6 inches (15cm) between the implant and the power tool.

Chainsaws and Hedge trimmers: MUST NOT use.

Car Maintenance- See above for tool usage in addition to this you **MUST NOT** lean over a running engine.

Sewing- You can use sewing machines but you **MUST** keep a minimum of 6 inches (15cm) between the implant and the motor of the sewing machine.

If you ever feel dizzy or experience palpitations whilst using electrical equipment, you should move away from the appliance and phone the devices clinic for advice.

Holidays: It is safe to travel abroad, however you **MUST** show your ICD ID card to the security officers and asked to be searched by hand.

Shop Security: You will not set the alarms off with the shop detectors (normally in the doorway) however it is not advisable to linger by them.

Interference: Mainly in an industrial setting, telecommunications, car maintenance, welding etc. However, interference can occur in a hospital setting when certain types of investigations/ treatments are used. You may not be able to have a MRI scan.

If you require the following investigations/treatments then your ICD may require monitoring and/or re-programming before and after the investigation/treatment.

Radiotherapy
Treatment Ultrasound (used by Physiotherapists)
Lithotripsy
Surgery
Cardioversion
Defibrillation
Certain Dental procedures

Home Medical Devices:

Pendant Medic Alert Systems are safe to use.

TENS machines can be used on the lower body only.

Magnetic Therapy Devices (jewellery etc.) must be kept a minimum of 6 inches (15cm) from the device.

Ab-Stimulators: You **MUST NOT** use.

Electronic Body Fat Scale: You **MUST NOT** use.

Wound Care: Remove the wound dressing after 48 hours. You **MUST** keep wound dry for the next 7-10 days to avoid infection. The stitches are dissolvable.

If an infection occurs then the site would appear red, swollen, and painful, be warm & may ooze fluid. If this happens you **MUST** phone the device clinic.

Please limit arm movement to shoulder height and avoid stretching or carrying heavy loads for at least 3 weeks post implant to reduce the risk of lead displacement.

Shocks: If you have a shock from the device it can be quite painful, patients often report, it's like being punched in the chest. People around you may notice you jolt, but no harm will come to others touching you, when the device delivers the shock.

Please contact us in the device clinic to review any ICD therapy events so we can check the device has delivered the appropriate therapy and to review medication and driving implications.

If you feel unwell after the shock or experience repeated shocks, you need to phone 999 for an ambulance, to be seen in Accident and Emergency immediately.

End of Life: If you and your doctor have discussed that resuscitation is no longer appropriate, then the shocking function of the defibrillator can be deactivated.

Cremation: The device will need to be deactivated and then removed before cremation.

Should you have any concerns regarding your device please contact

DEVICE CLINIC: 01384 456111 ext 2156

We are available Monday to Friday (8:00 – 17:00).

If out of hours/ weekend contact CCU 01384 456111