

Patient information factsheet

Your cardiac rhythm management device: S-ICD

You have been implanted with a subcutaneous implantable cardioverter defibrillator (S-ICD).

An S-ICD is used to treat fast heart rhythms.

What you need to know

Please keep a careful eye on the wound site. Leave the dressings on for five to seven days and keep them clean and dry. Once you have removed the dressings keep the areas clean and dry until the wounds are well healed.

Look out for any signs of infection:

- redness
- soreness
- raised appearance
- discharge
- raised temperature
- sudden severe pain at the wound site

If you have any concerns about your wound sites, contact the cardiac rhythm management department between 8am and 5pm, Monday to Friday. At all other times you should attend the emergency department. If you're a resident of the Channel Islands

please contact the Princess Elizabeth Hospital. Details of your implant will be sent there.

You should avoid lifting heavy objects until your first appointment with us. You should also avoid any other movements that create pressure to your wound sites. This will help with the healing of your wound sites.

Your first appointment with the cardiac rhythm management team will be in around six weeks. At this appointment your S-ICD will be checked and we will review your wound sites. You will also have the opportunity to ask us any questions that you might have.

Home monitoring

After your first appointment at the clinic, we will check your S-ICD via your home monitor. Your home monitor sends information through to the department, so that we can check the function of your S-ICD. Keep your monitor plugged in at home. We will send you a letter instructing you when to use it.

The monitor will also flash once a week, and will require you to send a manual transmission. The home monitor may mean you do not have to come into the hospital for as many appointments.

If we need you to come into the hospital to have your S-ICD checked, we will send you an appointment letter. Please bring a list of your current medication with you to any appointments. You do not need to bring your home monitor.

Magnets

Please be aware that using any device containing a magnet within 15cm of your implanted device forces it to function in a different mode. It will go back to its usual mode as soon as you move away

from the magnet. Some newer mobile phones include magnets, so we advise you not to keep a mobile in a pocket near your device.

What to do if your S-ICD alarms

Your S-ICD will perform automatic checks on a daily basis. If any of these checks find a measurement out of range then your S-ICD will alert you to this with an audible alarm. We will demonstrate this to you. **If your S-ICD alarms you must contact us as soon as possible using the telephone numbers in the box below.**

What to do if you receive shock therapy

Your S-ICD can give your heart shock therapy to get your heart rhythm back to normal. **If this happens you must contact us as soon as possible using the telephone numbers in the box below.**

If you suddenly feel very unwell, lose consciousness or receive shock therapy multiple times you should dial **999** and attend the emergency department. Do not drive yourself to hospital.

Telephone numbers

- Between 8am and 5pm, Monday to Friday, telephone the cardiac rhythm management department on **023 8120 6404**.
- Outside of these hours, telephone the hospital switchboard on **023 8077 7222** and ask to be put through to the cardiology bleep holder. Please have your ID card ready when you call.

Contact us

Cardiac rhythm management

Monday to Friday, 8am to 5pm

Telephone: **023 8120 6404**

Email: crm@uhs.nhs.uk

Address: Green Area, E Level, East Wing
Southampton General Hospital
Tremona Road
Southampton
SO16 6YD

Please note that we only routinely analyse remote transmission between 8am and 5pm, Monday to Friday. If you have any concerns regarding your device outside of these times, please contact the hospital switchboard on **023 8077 7222** and ask to speak to the cardiovascular and thoracic bleep holder.

Further information

For additional information please see our website www.uhs.nhs.uk and search for 'cardiac rhythm management'.

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email patientsupporthub@uhs.nhs.uk

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit www.uhs.nhs.uk/additionalsupport