



Preoperative Instructions for Device Implants and Generator Changes

Procedure: _____ **Date:** _____ **Check-in Time:** _____

Intended Discharge Plan: You may have a same day discharge or next day discharge. Please be aware this may change at the time of your procedure. If the procedure is delayed or if there is a complication, you may stay.

Hospital: _____ **Address:** _____

Check-In Location: Hospital Main Floor Entrance – Admissions

Plan Ahead:

- Same day discharges will not likely leave the hospital until late afternoon or early evening.
- For 24 hours, you must have someone stay with you, you cannot drive, and you cannot have alcohol.
- Plan for someone to drive you home from the hospital. Ride services (Taxi, Uber, Lyft) are not allowed.

The Day Before Your Procedure:

- Please have nothing to eat or drink after midnight the night before the procedure, including gum and candy.
- You may take your prescription medications the morning of the procedure unless instructed otherwise by our office. Do not take any vitamins or minerals the morning of your procedure.
- Clean right and left upper chest with Hibiclens (see separate instructions)

Medication Specifics:

- Last pre-procedure dose of your blood thinner _____ will be on date: _____ in the am/pm.
- Do not take your Jardiance, Farxiga for 3 days before procedure.
- Do not take your water pill _____ the morning of your procedure.
- **Diabetic patients ONLY**
- Do not take your usual oral diabetic medications the morning of the procedure.
- Take 1/2 of your insulin the morning of the procedure.

Bring to the Hospital:

- Bring an accurate list of your medications including the medication name, pill strength, dose you take, and times of the day you take it
- Bring your CPAP or BiPAP, if applicable
- Bring any inhalers you will need

ICD Implants and ICD Generator Changes

Shared Decision Making is very important in your care. For further information, please visit <https://patientdecisionaid.org>.

What symptoms are expected after the procedure?

- Bruising is normal, even if it extends downward and/or toward the armpit.
- Mild-to-moderate incisional pain that improves over time and is controlled with Tylenol.
- Most people will feel the generator (battery) under the skin and will have some puffiness in that region that improves over time.

What are my activity restrictions?

Generator Change: No heavy lifting with the device-side arm, or lots of movement of that arm at the shoulder while the incision is healing.

ICD/Pacemaker Implant: No lifting more than 25 lbs or lifting things out of high cabinets with the device-side arm for 1 month. After 1 month, you have no restrictions aside from no metal welding after ICD implant (discuss details with the implanting cardiologist if this is of concern to you).

When can I return to work?

Generator Change: The day after the procedure.

ICD/Pacemaker Implant: If you are not physically active at work, you can return to your job in a few days. If your job involves physical exertion, be sure to abide by the above activity restrictions during the first month after your procedure.

When will I follow-up?

Generator Change: Follow-up with the Device Clinic in 7-10 days.

ICD/Pacemaker Implant: Please note there is a 1% chance your device wire(s) could dislodge. If you go home the same day the device is implanted, the following business day you will need a device check. Be sure to plug in your home monitor/transmitter once you arrive home and always leave it plugged in. Someone from our Device Clinic will contact you and check your device using your home monitor/transmitter. Unless otherwise directed, everyone needs to have an appointment in the Device Clinic 1-2 weeks after the device is implanted. 4-6 weeks after device implant, you will have an appointment with either the Arrhythmia Clinic or the implanting cardiologist (or the NP on that cardiologist's team). Your device will be checked routinely every 3 months, including a minimum of one in-office check annually.

When can I have other procedures, dental cleanings, or surgeries?

Generator Change: No restrictions.

ICD/Pacemaker Implant: We recommend waiting 6 weeks. Contact SDCA for instructions if you must have an invasive procedure within 6 weeks of device implant.