

# Discharge Advice For Patients With Implantable Cardiac Monitor (ICM)

## What will happen before I leave hospital?

A cardiac physiologist will explain how to activate your monitor and how to set up remote monitoring when the ICM is put in. They will tell you when it is appropriate to send a recording from home (all appointments are performed remotely). They will give you an information sheet with this information included.

The nurse will clean the wound and apply a new dry dressing. You should try and leave this in place for five days.

The wound will be closed with medical adhesive (glue).

## How should I care for my wound at home?

We recommend you relax at home and rest the arm.

- Your dressing should be kept clean and dry.
- Do not immerse the wound site in water for five days. If you do bath or shower within this time, try to keep the dressing dry.
- After 5 days, remove the dressing.
- If you notice any redness, swelling or experience pain from the site please contact us.

- If you have any discomfort in the shoulder, take painkillers as advised by your doctor.

## Should I limit my activities?

Please continue your activities as normal. If your job is physical (for example, heavy lifting), then please avoid for 24 hours.

## What happens next?

A detailed report will be sent to your GP.

If the hospital doctor would like to see you again in the outpatients clinic, an appointment will be sent out to you through the post.

Please help yourself to any of the information booklets available on the ward.

Feel free to talk to your nurse about any concerns you may have or any health education you feel you may benefit from.

## Contact details for the Cardiac Care Unit

**If you have any concerns about your wound site, or specific to your cardiac procedure during your first week at home, please contact us.**

Telephone number: 01273 696955, extension 4484. You can call this number at any time.

For more general concerns please speak to your GP. Other useful contacts are:

*Please see over*

**Cardiac Department:**

01273 696955, extension 4090.

Monday to Friday 9am to 5pm. Outside these hours, please leave a message and the physiologist will return your call when they are available.

**Arrhythmia Nurse Specialist:**

01273 696955, extension 7041.

Monday 8am to 4pm, Wednesday to Friday 8am to 1pm.

**Disclaimer**

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.