

# Questions you may want to ask your doctor

when they recommend a heart device (ICD or CRT-D)



- Why do I need a heart device?
- What are my alternatives to an implant?
- Can't medications help with my condition?
- How does this heart device work?
- Where will the device be placed?
- How will it be implanted?  
Under the skin or under the muscle?
- What will the scar look like when it heals?
- Will the device move after implant?
- What restrictions should I follow post implant, and for how long?
- Can I return to exercise after my implant and recovery?
- When can my partner and I return to intimacy?
- Will the implant impact my career/hobbies?  
(Write down job functions or hobbies for your doctor that are of concern. Examples: driving a forklift or truck for work, working with machinery near-by, hobbies/activities like swimming, golfing, tennis, hunting, welding, etc...)
- Will I feel my device working?
  - Will I feel pacing?
  - Will I feel a shock?
  - What does a shock feel like?



# Questions you may want to ask your doctor

## when they recommend a heart device (ICD or CRT-D)



- Develop a shock plan with your physician by asking:**
  - What should I do if I am shocked once?
  - Multiple times?
  - Will anyone touching me during a shock feel the shock or get hurt?
- Do I need to contact my clinic if I fall or painfully bump my device?**
- How long will my device battery last and how will I know when to replace it?**
- Can I get an MRI scan in the future?**
- Can I safely travel through airports and on planes after my surgery?**
- What kinds of household items can interfere with my device and what precautions should I take?**
- Can I be near common magnets?**

What happens when I get too close to a magnet and the device emits a tone?
- Can you demonstrate the sounds my device could make?**
  - What do the different sounds mean?
  - What should I do when I hear each of the sounds?
- Am I a candidate for remote monitoring?**
- How does remote monitoring work?**
  - Is there anything specific I need to do, or does it work without my interaction?
- What resources are available to me should I have any further questions?**

This list of questions was developed with the help of the  
"Living with an ICD" patient support group <https://www.facebook.com/groups/icdsupport/>

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