

## Atrial Fibrillation Insertable Cardiac Monitor (ICM) Implant at the Gates Vascular Institute

### After the Procedure

- You may resume regular activity after the implant. However, for the first week, avoid any excessive arm movement/pushing/pulling.
- You may return to a regular diet.
- Please leave steri strips in place for 10 days.
- If the steri strips start to peel off, simply cut off the loose ends. Do not attempt to pull them off.
- You may shower the next day with normal soap and water. Pat the incision area dry. Do not rub the area.
- Do not submerge in water (bath, hot tub, or swimming pool) for 2-3 weeks. Showering only is recommended.
- You may feel some minor discomfort for the first 1-2 days. Use pain medication as prescribed by your doctor. You may apply an ice pack to the area around the incision if discomfort occurs (but do not apply ice directly over the wound).

### Warning Signs

- Monitor the site closely every day for the first 2 weeks, and notify your doctor if you experience:
  - Severe or uncontrolled pain at the incision site
  - Incision site becomes increasingly swollen, red, or begins to drain
  - Development of a rash, or the wound opens
  - Persistent nausea
  - Uncontrolled bleeding
  - Dizziness/fainting
  - Temperature over 101°F or chills

### Setting Up Your Monitor



**Monitor in optimal position**

**Monitor needs to be rotated**

- Once you are home, please keep home monitor plugged into a working electrical outlet in your bedroom and place monitor within 6 feet of where you sleep.
- Monitor should be placed on same side that you sleep, away from metal objects.

- Keep monitor facing straight (as pictured) with LCD screen facing the bottom of the bed.
  - Ensure that the transmitter (hand-held portion) is positioned tightly in the monitor base so that proper charging may occur.
  - **Please do not touch the monitor unless instructed to do so by the clinic.**
- The monitor screen at times may be black or light up with different colors, all of which can be normal and do not require any attention. The monitor will do automatic updates on its own.
- A monitor disconnection message will be sent to the clinic after 14 days of attempted but failed communication with your monitor. The clinic will then call you to troubleshoot and re-connect your monitor.

## Continuous Monitoring



- Your home monitor is watching for any abnormal event that may occur. If an abnormal event is found during the nightly device check, it will be sent to our remote monitoring clinic for review. This will only occur if the event meets set alert criteria.
- The nightly device check will occur between the hours of **midnight and 5 AM**. Your bedside monitor will check repeatedly for your implanted device throughout this time period. If you get up throughout the night (to use the bathroom or get a glass of water) communication between your at home monitor and device should still occur.
- If you do not go to sleep by your monitor for a night (you fall asleep in another room) device data will be stored in your implantable cardiac monitor. That data will be reviewed on the next nightly device check.
- Our office may contact you if:
  - An abnormal event occurs
  - If a manual transmission is needed for more detail regarding an alert

- To obtain additional episode information that was not received
- If your monitor has been reported as disconnected
- The device can store false episodes due to muscle movement, position changes, and over-sensing. If this occurs, reprogramming of your device may be recommended to reduce false events. If re-programming is recommended, an in-clinic visit will be needed.

### **Clinic Hours**

- Clinical monitoring hours are Monday through Friday 8 AM to 4:30 PM EST.
- If there is an abnormal event found on your device, a notification will be sent to our clinic during the nightly device check and will be reviewed on the next business day.
- **If you are having an emergency or experiencing any acute symptoms such as near passing out or chest pain, please call 911.**
  - **Your insertable cardiac monitor (ICM) is a monitoring device only. It does not provide any treatment for symptoms or rhythm problems. Please contact your medical provider with symptoms or concerns.**

### **Billing**

- Our clinic will receive a summary report 31 days after implant and every 3 months thereafter, which will be evaluated by the electrophysiologist (cardiologist who specializes in the electrical rhythm of the heart). This report will be billed to the insurance company.
- You will be contacted with any findings that require action.
- You will be responsible for your co-pay, deductible or coinsurance, if your insurance requires one. There is NO monthly fee to have this monitoring at your bedside.

### **Living with your device**

- You can have x-rays, mammograms, and MRIs with your device. Please, make sure to tell the technician prior to your testing that you have an implanted heart monitor.
- Please always carry your device identification card with you. On the back of the card, it states your device is MRI compatible.
- Airport security checks will not harm the device. The device may set off alarms, so be sure to tell security you have an implanted heart monitor. You may require additional screening.
- The battery in your device will last approximately 3 – 3 ½ years. At the end of the battery life, it is safe to have device remain in your chest. However, device may be removed at that time if preferred.
- At end of monitoring, a prepaid box will be mailed to your home address for bedside equipment to be returned.
- **If you will be traveling for more than 1 to 2 days, it may be recommended to bring your monitor with you to assure continuous monitoring. Please contact our clinic at 716-222-9993 to inform us of any planned travel.**

## Troubleshooting

# Stay Connected Service

REQUEST

TROUBLESHOOT

RESOLVE

- Patient calls Medtronic for monitor support

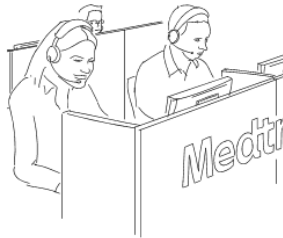
I've having issues with my monitor, and my clinic told me to call you.



- Medtronic troubleshoots their monitor & resolves issue with the patient

Similar to previous experience except:

- ✓ Shorter hold times
- ✓ Direct phone number (no call tree)
- ✓ Faster resolution



It seems to be working and I got the check mark. Thank you!



Provides monitor troubleshooting and support for patient experiencing issues with connectivity, monitor equipment, or to explore new monitor options.

## 1-866-470-7709

This information sheet can also be accessed on The Atrial Fibrillation Center website [Greatlakescardio.com](http://Greatlakescardio.com) (AFIB Center) (Patient Education and Forms)



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Patient Acknowledgement and Agreement

I acknowledge that I have read and fully understand and agree to the following patient guidelines for my Implantable Cardiac Monitor. I was provided the clinic number (716-222-9993) to ask any additional questions. I understand and agree with the information provided.

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Print Patient Name

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Patient or Legal Representative Signature

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DOB

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Date

Please return only this page, with signature and date, in pre-addressed /pre-paid envelope.

***Please keep the first two pages for your own records.***

*Thank you*