

Implanted Cardioverter Defibrillator (ICD)

Safety Instructions



ID card

- Your child will be given a temporary identification (ID) card. You will get a plastic ID card in the mail 3 to 4 weeks after your child gets an ICD.

****Your child should always carry the ID card** and show it to security when travelling.

Magnets

- Avoid large magnets and magnetic fields from metal detectors, high-voltage areas, power generators, arc welding, and **Magnetic Resonance Imaging (MRI)** machines.

Metal Detectors

- **Avoid** metal detectors. Avoid walk through metal detectors, x-ray body scanners, and handheld wands.
- Some places that have metal detectors are:
 - Airports
 - Government buildings
 - Sporting events
 - Schools
- Please have your ICD ID Card ready to show security people.
- **It is SAFE to walk through anti-theft** detectors at store doorways. Do not stand between them for long or allow your child to play on or around them.

X-Rays and CT Scans

- It is SAFE to have an x-ray or a computerized tomography (CT) scan.

Microwaves

- It is SAFE to use a microwave.

Cell Phones

- It is SAFE to use a cell phone. Please keep the cell phone **6 or more inches away from the ICD**. Hold the phone close to the ear farthest away from the ICD.

Electronics

- It is SAFE to use handheld devices such as tablets, an iPod®, wireless video games, laptop computers and other electronics.
- Be sure to hold or play with them **6 or more inches away from the ICD**.

Heart Institute

4650 Sunset Blvd., Los Angeles, CA 90027 | CHLA.org

Approved by PFE 01/20/22

Amusement Parks/Roller Coasters

- Please ask your doctor before riding roller coasters.

Trauma/Injury

- **Do not** get hit, kicked, or hurt in the ICD area.
- **Avoid** competitive **contact** sports (football, wrestling, basketball, hockey, etc.)

Surgeries

- Please tell your ICD doctor if you are having any surgeries or dental procedures.

****Warning Signs for ICD Failure****

- If your child is not awake or moving, **CALL 9-1-1 and START CPR!**
- For more than 2 shocks, **CALL 9-1-1!**
- For less than 2 shocks and if your child is awake, call the ICD clinic and send an ICD report from home.

Questions or Problems?

If you have problems or questions about the ICD call:

ICD Clinic:

Stacey Boyer, RN (323) 361-8248

Noelle St. Angelo, RN (323) 361-7692

***After hours, please call the hospital directly at (323) 361-2450 and have the operator call the on-call Cardiologist.

For emergencies, call 911 or go to the nearest Emergency Room.

Glossary

- **ICD (Implanted Cardioverter Defibrillator)** - An ICD is a battery-powered device placed under the skin that keeps track of your heart rate. Thin wires connect the ICD to your heart. If an abnormal heart rhythm is detected the device will deliver an electric shock to restore a normal heartbeat.
- **Arc welding** - a type of welding process using an electric arc to create heat to melt and join metals.
- **Magnetic resonance Imaging (MRI)** - Magnetic resonance imaging (MRI) is a safe and painless test that uses a magnetic field and radio waves to produce detailed pictures of your child's organs and tissues.
- **CT Scan (also called a CAT scan or a computed axial tomography scan)** - A CT scan is a painless test that uses a special X-ray machine to take black-and-white pictures of a patient's lungs, heart, blood vessels, airway passages, ribs and lymph nodes. It can detect signs of inflammation, infection, injury, or disease.

Heart Institute

4650 Sunset Blvd., Los Angeles, CA 90027 | CHLA.org

Approved by PFE 01/20/22