

Shock Plan – What to do in the event of a shock from an ICD

When you receive a shock



1. Sit down. Take time to allow your heart to ‘calm down’.
2. Close your eyes and focus on your breathing. Relax
3. Check to see if you notice any of the following:
 - *Do you have chest pain or chest pressure?*
 - *Do you feel light-headed or faint?*
 - *Do you feel dizzy or confused?*
 - *Does your heart feel like it is beating quickly or racing?*
 - *Do you feel short of breath?*

If you answer ‘NO’ to all the above:

- Write down the time you received the shock, what you were doing and how you felt
- Call your ICD Clinic 0151 600 1714 /1701. It is okay to leave a message.
- Do not drive until your Cardiologist or electrophysiologist says you can return to driving.

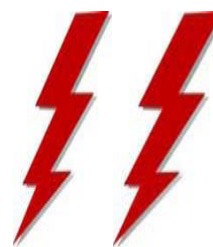
If you answer “YES” to any of the above questions

- Call 999**
- **Do not** drive yourself to hospital.
 - **Do not** drive at all until your Cardiologist or electrophysiologist says you can return to driving

LHCH Device Clinic

Mon-Fri 9-5 (0151 600 1714 or 1701)

Out of hours and urgent enquiries, ask for SPR on call – 0151 600 1616



You receive 2 or MORE shocks within 24 hours

Or

You blackout Call 999

Do not drive yourself to hospital.

Do not drive at all until your Cardiologist or electrophysiologist says you can return to driving

Consider completing this form to give the health care professional some information about your symptoms prior to the shock and also what may be important to you personally.

My next of Kin details –

My symptoms –

What is important to me –