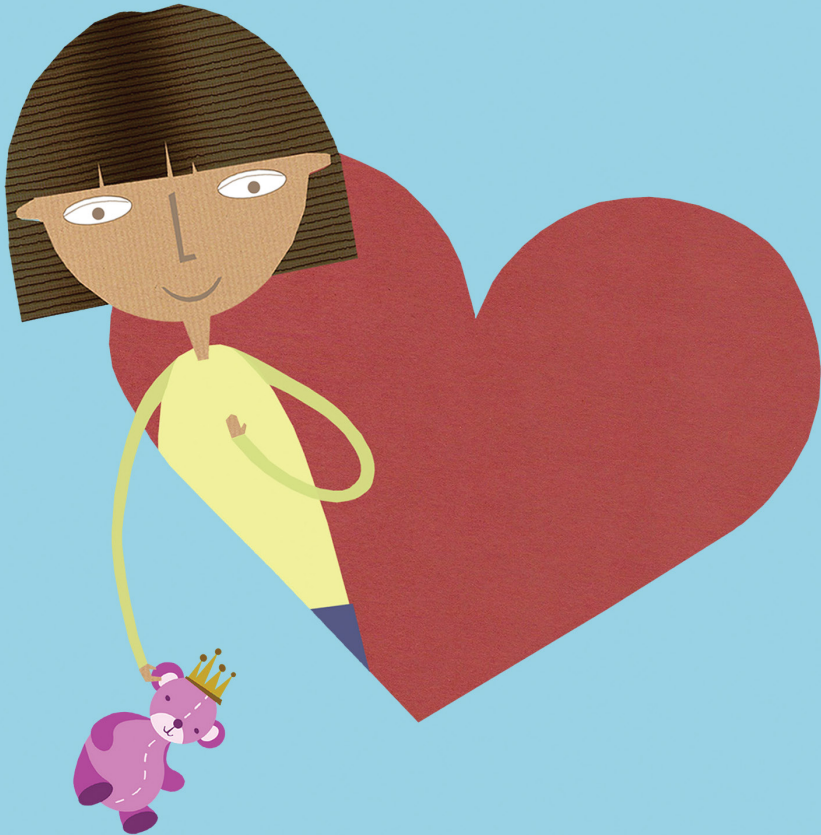




# Emily's ICD



[www.heartrhythmalliance.org](http://www.heartrhythmalliance.org)

Registered Charity No.1107496

# BIG WORDS

## **Cardiologist**

A heart doctor

## **Electrocardiogram (ECG)**

A recording of your heart rhythm

## **Electrophysiologist**

A doctor who specialises in heart rhythm

## **Implantable Cardioverter Defibrillator**

A small device placed under your skin, which monitors your heart rhythm and can deliver electrical treatments

## **Cardiac Electrophysiologist**

A special heart rhythm doctor

### **Word Search** How many words can you find?

Words can be found forwards, backwards and diagonally.

T	A	L	Y	R	B	E	A	H	O	S	P	A	L	I
H	L	S	D	J	A	E	D	A	D	Y	K	U	L	B
B	E	A	D	F	L	B	E	A	T	R	A	E	H	E
N	D	L	A	T	I	P	S	O	H	O	I	T	L	A
D	N	S	D	C	A	M	E	N	I	H	C	A	M	G
F	T	R	T	S	I	G	O	L	O	I	D	R	A	C

CARDIOLOGIST, RATE, ICD, HOSPITAL, MACHINE, DADDY, FAST, HEART  
BEAT

Pants...check. Socks...check. Toothbrush...check.  
Princess Puffy...check.

I was all ready for my trip to the hospital to get my heart fixed.

I kept getting a fluttering feeling and would often get dizzy, like I had been running round in circles lots of times.

Sometimes my heart would flutter so much and I would get dizzy that I would faint. I did not like it when that happened, everything would go black and I would wake up feeling scared and very tired.





The machine showed that my heart was beating too fast.

That meant that not enough blood was being pumped around my body.

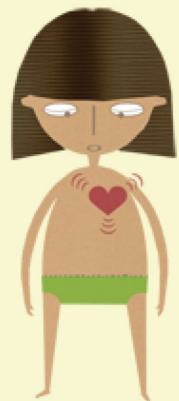
That is why I sometimes felt dizzy or would faint.

A couple of weeks ago dad took me to see Dr Jo White, a special heart doctor. Another name for a heart doctor is a Cardiologist (car-dee-olo-jist).

Dr Jo listened to my heart, then she used a machine called an Electrocardiogram (El-ec-trow-car-dee-o-gram) to see if there was anything wrong with my heart rate.

I had to sit VERY still and have some sticky pads on my chest. They were attached to the electrocardiogram machine. It did not hurt one bit, in fact it tickled!

A really long piece of paper with a squiggly red line on it printed out. This showed Dr Jo exactly how my heart was working.



Then Dr Jo showed me a tiny box with a really long name...  
an Implantable Cardioverter Defibrillator  
(Im-plant-a-bul car-dee-o-ver-ter de-fib-rill-ay-tor) also  
known as an ICD.

She told me that an ICD is like a small computer and  
battery. It would be placed just under the skin on my  
chest and connected to my heart.

If that does not work then it can give my heart a little  
shock, which I would feel happen but not for very long.





At the hospital the nurses and doctors were really friendly. They showed me to my bed and gave me a bracelet with my name on it and my own pyjamas.

I was told that I would not be able to eat for several hours before the operation, including sweets and chewing gum.

After I was made comfortable, they explained that I would be given medicine to make me sleepy.

I would also be given medicine on my skin to reduce the pain. Whilst I was napping the doctor would fit my ICD. I was reassured that I would not hear, feel or remember anything!

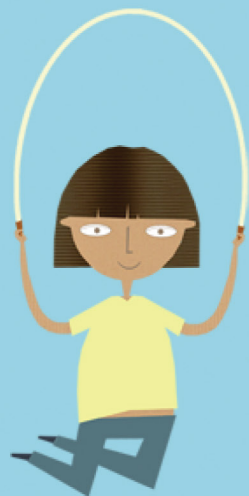
Then I was wheeled down the corridor on my bed to have my operation. I was really nervous but Dad was holding my hand all the way.

I do not remember anything after that until I woke up back on the hospital ward feeling tired and groggy. Dad was there still holding my hand.

I had a big plaster across my chest where my ICD had been put in but the nurse said that it would heal quickly.

I was able to have a drink and something to eat after the operation and talk to other children on the ward.

I was happy and excited to go out and test my brand new ICD but I had to stay in hospital overnight, just to make sure everything was working properly.

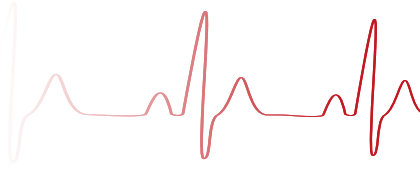


I have not felt my ICD working yet but I do not feel dizzy anymore and I have not fainted.

I occasionally see another special heart rhythm doctor called a Cardiac Electrophysiologist (car-dee-ak el-ec-thro-fis-ee-olo-jist) to make sure my ICD is working properly.

I also have a card I keep with me all the time that tells people about my heart condition.

Now my heart is fixed and I feel great!



Working together to  
improve the diagnosis,  
treatment and quality  
of life for all those  
affected by arrhythmias



### Arrhythmia Alliance

+44 (0)1789 867 501

✉ [info@hearhythmalliance.org](mailto:info@hearhythmalliance.org)

🌐 [www.hearhythmalliance.org](http://www.hearhythmalliance.org)

Registered Charity No. 1107496

©Arrhythmia Alliance

Published April 2010  
Reviewed June 2025



**"I am so proud of my ICD, I can run  
and play with all my friends in the  
playground now !"**

**Tilly, Yorkshire**

To view our patient resources, scan the  
QR code below:



Please remember that this publication  
provides general guidelines only. Individuals  
should always discuss their condition with  
a healthcare professional. If you would like  
further information or would like to provide  
feedback, please contact Arrhythmia Alliance.

**Acknowledgments:** Arrhythmia Alliance  
would like to thank all those who helped  
in the development and review of this  
publication. Particular thanks are given to  
Laura Dunn, Dr Charlotte D'Souza and  
Mrs Sue Jones.

**Founder and Trustee:**  
Trudie Lobban MBE, FRCP (Edin)

If you would like further information or would like to provide feedback please contact Arrhythmia Alliance.