

## Insertable Cardiac Monitor (ICM)

This information sheet is designed to provide information to patients who have been experiencing unexplained blackouts, palpitations or shortness of breath that may be related to a heart rhythm problem.

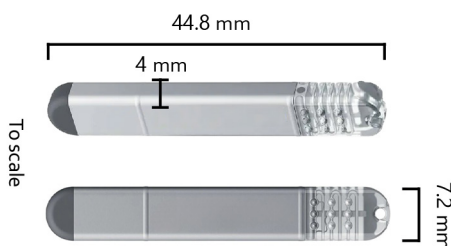
If a doctor is unable to diagnose the cause of your symptoms with simple recording methods such as an ECG or a 24 hour monitor, they may consider an insertable cardiac monitor (ICM).

### The insertable cardiac monitor (ICM)

The ICM is a diagnostic tool that will monitor the heart's electrical activity and help a heart rhythm specialist identify the cause of your symptoms. A tiny device is inserted under your skin as an out-patient procedure under local anaesthetic. Virtually invisible to the naked eye, the ICM is comfortable and unlikely to be noticeable under the skin.

### How is the ICM fitted?

Implantation of the device requires an incision of less than 1cm which can then be closed very simply with medical adhesive or Steri- Strips™. The procedure will only take about ten minutes and is done under local anaesthetic (risks associated with this include bleeding, bruising, and infection).



### How is an episode captured?

The ICM is remotely monitored, wirelessly, through a receiver in your house. Some devices can be monitored via a smartphone. Any unusual heart activity will be transmitted via a 4G signal to a secure system which will alert the heart rhythm specialist. You would then be contacted if necessary. You may be supplied with a separate 'activator' to record a symptomatic episode.

### Removal of the ICM

Once a heart rhythm disturbance has been captured and the cause determined through this monitor, the device can be removed with another quick, simple procedure. Further investigations and treatments can then be undertaken.

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



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