



# Cardiac Resynchronisation Therapy (CRT)

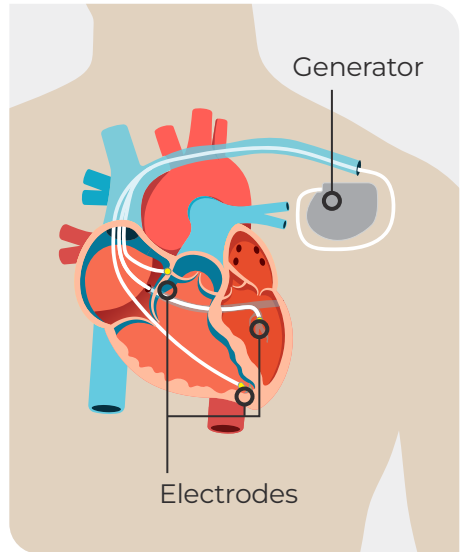
Patient information



# What is it?

**Cardiac Resynchronisation Therapy (CRT) is a special type of permanent pacemaker or Implantable Cardioverter Defibrillator (ICD) that can help improve heart pump function in people with an enlarged weakened hearts and symptoms of heart failure such as breathlessness with daily activities, and ankle swelling.**

Some patients with heart failure develop problems with the way the natural electrical impulses spread through their heart. This may cause their heart to pump in an “uncoordinated” manner. CRT uses electrical impulses delivered via pacemaker wires to both the right and left sides of the heart (also called “biventricular pacing”) to “resynchronise” the heart function. CRT consists of two parts: a generator (battery) and two to three electrodes (wires) inside the heart.



---

Only certain patients with heart failure and evidence of electrical delay in the heart (assessed from an electrocardiogram) will benefit from CRT.

- Response to treatment can vary from dramatic improvements in heart function (with symptoms back to near-normal in some people), to no improvement in others
- It is not possible to predict how much each person will benefit before the procedure is performed

## What should I expect?

CRT is often performed as part of an implant of an ICD and will occur under sedation or a light general anaesthetic.

- After numbing the area with local anaesthetic, the cardiologist will make a 5 to 7cm incision below the collar bone and create a small pocket will be made under the skin to hold the generator
- The wires are then fixed in place inside the heart
- The incision will be closed with sutures and a dressing applied to the area

**You will usually be discharged the next day**, after your cardiologist reviews you and the pacemaker technician checks your CRT pacemaker/ICD.

### Preparation

**Do not eat or drink anything for six hours before your procedure.** Ask your cardiologist whether you should withhold your medications (especially blood-thinning medications) before the procedure.

Make sure you **read the consent form** and understand the risks involved with this procedure. Please clarify any concerns or queries with your cardiologist before signing the form.



## What happens after the procedure?

Your dressing will usually come off seven to 10 days after the procedure. The dressing is usually waterproof.

**Call Advara HeartCare or your treating cardiologist promptly if you have:**

- redness, swelling, or pain around the incision site
- fever
- ooze or bleeding from the incision site

Your cardiologist will arrange a regular review to adjust your medications and to check on the battery and settings of your CRT pacemaker/ICD.

Disclaimer: This brochure has been prepared by Advara HeartCare for informational purposes only and is not medical advice. All care has been taken to ensure the accuracy of information, however, this information may be changed, improved, or updated without notice.

**[advaraheartcare.com](http://advaraheartcare.com)**

AUMKT012-2.0-1223

