



Cardiac Resynchronization Therapy (CRT, biventricular pacing)

Cardiac Resynchronization Therapy (CRT) has been found to improve the quality of life and survival in select patients with congestive heart failure. Heart failure is a chronic condition where the heart does not work effectively. CRT is a newer type of pacemaker therapy. A standard pacemaker consists of a **generator** and one or two **leads**. The generator is a small battery-powered computer that is placed under the skin in the upper corner of the chest, below the collar bone. It is able to read electrical activity from the heart and is able to send an electrical impulse to the heart when needed.

In some patients with an enlarged, weakened heart (cardiomyopathy) and heart failure, the sides of the heart contract separately. It sometimes makes the mitral valve leak more. Both can worsen your heart failure. CRT will make the sides of the heart pump together. This will make your heart pump more efficiently. It is important to continue your heart failure treatment plan. Diet, medication, and weighing yourself daily will still be a part of your treatment.

What you need to know:

The night before the procedure you will not eat or drink anything after 12:00 midnight. If you have been taking aspirin products or Coumadin, you will receive instructions when to stop taking them. (Generally your doctor will tell you to stop those 3-5 days before the procedure. Be sure you get exact directions.)

You will come to the hospital the morning of your procedure. A staff member from the Invasive Heart Lab will call you the night before your procedure to tell you what time to report.

On day of your procedure you will report to the Cardiac Same Day Unit which is located on the Lobby level of the Bedford Entrance of Aultman Hospital.

Please bring all of the medications you are currently taking with you when you come for your procedure.

Insertion of a CRT Device takes approximately three to four hours. However, each patient is different. Your family should not become alarmed if the procedure takes longer.

You will be taken to a step-down room in Aultman Hospital after your procedure. Your heart rhythm will be monitored continuously.

Your doctor will discuss all of your discharge instructions with you in more detail prior to you leaving the hospital.