

Ventricular tachycardia & fibrillation

VT and VF start in the lower heart chambers. They can be life-threatening. Treatment may include medication, ablation, and an implantable defibrillator (ICD), depending on the rhythm and heart disease.

Everyday care

- Know your emergency plan and any driving or activity restrictions.
- Take medicines and keep device or rhythm follow-up appointments.
- An ICD treats dangerous episodes; it does not eliminate the underlying heart problem.

When to contact your care team

After one ICD shock with complete recovery, contact your device team promptly and follow your personal plan. Report recurrent racing or new symptoms.

When to call 911

Call 911 for collapse, fainting with racing, chest pressure, severe trouble breathing, or repeated ICD shocks. If someone is unresponsive and not breathing normally, follow the dispatcher's CPR/AED instructions.

Questions for your next visit

What caused my ventricular rhythm? / What should I do after an ICD shock? / Would medication or ablation reduce episodes?

Care team/contact: _____ Next visit: _____

[Read the full patient guide online](#)

This summary supports your personal care plan. Medication and activity instructions may differ.