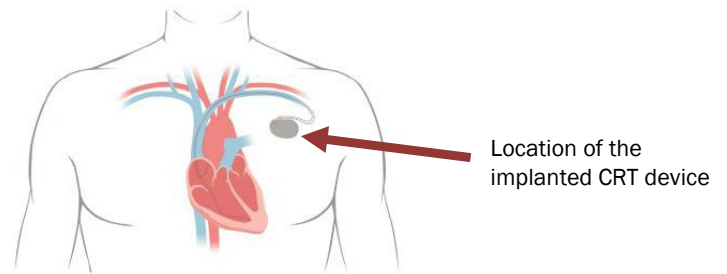


CARDIAC-RESYNCHRONIZATION-THERAPY DEVICE | OUTPATIENTS

Cardiac resynchronization therapy is a treatment for heart failure aimed at restoring synchronization between the left and right ventricles so that they contract at the same time. This technique consists in implanting a CRT pacemaker (or CRT device) equipped with an additional lead on your right ventricle to ensure coordinated contraction of both ventricles at the same time. This improves the blood flow (volume) through your body.



CRT device



Cardiac-resynchronization-therapy devices have a life cycle of about 5 to 7 years, depending on how they were programmed by the cardiologist. The battery is first checked 6 weeks after the CRT device was implanted. Afterwards, the battery is checked every 6 months. Therefore, it is very important for you to come in for your appointments at the pacemaker clinic.

The hospital will provide you with a card that identifies your CRT device. The manufacturer will mail you an official card, which you should keep with you at all times.

ADMISSION

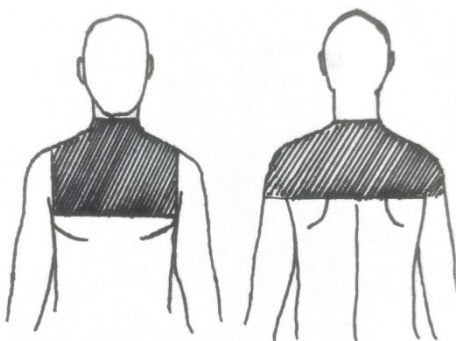
The Fleurimont Hospital's hemodynamics department will contact you the day before your procedure to tell you where to come and when.

Time and date of admission:

* If you must cancel or postpone your admission (cold, flu, fever, infection), please contact the hemodynamics department as rapidly as possible at 819-346-1110, extension 14550.

THE DAY BEFORE THE INTERVENTION

- Shave your chest, as shown in the image. Please shave with an electric razor to avoid damaging the skin, which could lead to infection. Wash the shaved area with mild soap afterwards.



ITEMS TO BRING WITH YOU

- Health-insurance card.
- Hospital card (plum or white colored).
- Slippers.
- Toiletries (toothpaste, toothbrush, soap, denture dish, contact lenses and your CIPAP machine).
- Up-to-date list of medications.

THE DAY OF THE INTERVENTION

- You must refrain from eating anything after midnight but you can drink liquids (pulp-free, fat-free, dairy-free) up to one hour before your arrival at the hospital.
- You may also have blood draws.
- One venous catheter will be installed.
- You must remove hairpins, dentures, hearing aids, eyeglasses or contact lenses, underwear, and all jewelry.
- Give your jewelry, valuables, credit cards, and money to a family member to prevent loss and theft.

THE INTERVENTION

The intervention is performed by a cardiologist/electrophysiologist with the assistance of a radiology technologist and nurse.

YOUR HOSPITAL STAY

- You will be hospitalized for 24 to 48 hours depending on the intervention and its outcome.
- You may eat once you get back to the unit.
- You must lie in bed for a few hours, as directed by the doctor.
- A pressure dressing may be applied to your skin over the location of your CRT device to prevent bleeding.
- The nursing staff will regularly take your vital signs and monitor your dressing.

HOSPITAL DISCHARGE

When you are discharged from the hospital, you'll be able to go home in a car as a passenger. The person escorting you should carry your bags.

RECOMMENDATIONS

Wound Care

Remove the dressing 48 hours after the intervention and leave your wound open to the air. Bruising at the intervention site is normal. If there are butterfly bandages over the wound, you must remove them when they lose their adhesiveness or at least one week after your procedure.

Hygiene

- Do not take a bath or swim (pool, spa, lake, ocean, etc.) for 7 days.
- You can shower once your dressings have been removed. On the other hand, you can shower even if you have butterfly bandages over your wound.

Medication

Take the prescribed medication as directed by the doctor.

Pain management

You can take acetaminophen (Tylenol®) if you experience discomfort at the intervention site.

Return to work

Your doctor will tell you when you may return to work.

Physical exertion

- Do not raise your arm on the side of the intervention over shoulder height for 14 days.
- Do not lift anything heavy (children, grocery bags, other objects, etc.) for 14 days, but resume exercises with the arm the day after the intervention to keep it from becoming stiff: rotation, flexion, and extension.
- Physical activities and contact sports (football, baseball, etc.) can be resumed as directed by your doctor.

Motor vehicles

You may resume driving according to your doctor's recommendations.

The Société de l'assurance automobile du Québec (SAAQ) often requires a medical evaluation before you may drive again.

Insurance companies have specific instructions related to driving after a procedure. For more information, contact your company.

Air travel

If you must fly, present the identification card for your CRT device at the check-in desk so that you don't have to pass through the screening devices that detect metal, since they may temporarily affect your device.

Dentist and doctor

Inform your dentist and any new doctor that you have a CRT device.

Household appliances

- You can use your household appliances (microwave oven, lawn mower) or office equipment (computer) as long as they are in good condition.
- Some types of equipment that generate a magnetic or electrical field (alarm systems, powerful magnets, arc welders, motors in operation, high-voltage devices, etc.) can temporarily affect your CRT device. Stay at least 30 cm (1 foot) from such devices. If you experience symptoms such as rapid, irregular heartbeats or discomfort, step away from the device.

Cellular telephone

- Maintain a minimum of 15 cm (6 inches) between your cell phone and the CRT device.
- Hold the telephone to the ear on the opposite side of your body from your CRT device.
- Carry your telephone in a pocket or on your belt on the opposite side of your body from your CRT device.

Medical treatments involving waves

Always consult your doctor before undergoing any other examination or intervention (e.g., magnetic resonance imaging [MRI], radiation therapy, etc.): some shouldn't be performed because they could damage your CRT device.

SYMPTOMS TO WATCH FOR

See your doctor if you have the following symptoms:

- Your heart rate is higher than 130 beats per minute after resting.
- Your heart rate is lower than _____ beats per minute.
- You feel dizzy or lose consciousness.
- You notice a change in your wound: redness, pain, swelling, warmth, or discharge.
- You have a fever (38.5 °C or 101 °F) or have difficulty breathing.
- You have frequent or constant hiccups or muscle spasms.
- You have palpitations or pain behind the sternum in the center of your chest (retrosternal).



Pacemaker Clinic
819-346-1110, extension 15103
Monday to Friday: 8:00 a.m. to 4:00 p.m.



If the clinic is closed, call Info-santé at 8-1-1.



Contact your family doctor or go to the nearest hospital emergency department.