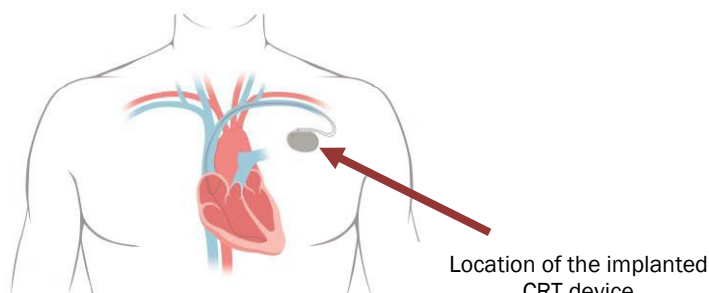


# PACEMAKER | Outpatients

A pacemaker is a small device placed under the skin and connected to the heart with a flexible lead. It controls the rhythm and beating of your heart by sending electrical impulses to it.



CRT device



Location of the implanted CRT device

A pacemaker has a life cycle about 10 years.

The battery is first checked 6 weeks after the pacemaker was implanted. Afterwards, the battery is checked every 6 to 12 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 pacemaker. The manufacturer will mail you an official card. You should keep this card with you at all times.

## ADMISSION

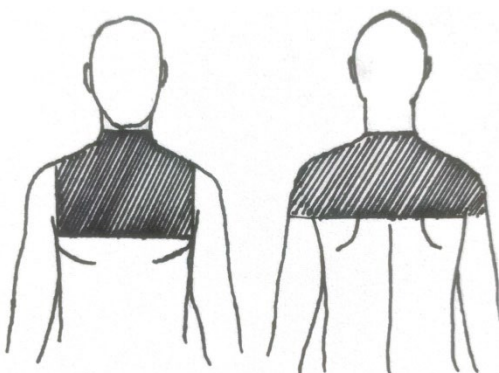
The Fleurimont Hospital's hemodynamics department will contact you to tell you where to come and when.

### 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 the pubic area and groin, 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 an hour before you arrive at the hospital.
- You may also have blood draws.
- Two venous lines will be installed for the intervention.
- 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

- Unless you have a specific medical condition, you will be admitted to day surgery in room 3536 at Fleurimont Hospital.
- You must lie in bed for a few hours, as directed by the doctor.
- A pressure dressing may be applied over the location of your pacemaker 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 after when they no longer stick to your skin 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 pacemaker 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 pacemaker.

### 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 pacemaker. 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 pacemaker.
- Hold the telephone to the ear on the opposite side of your body from your pacemaker.
- Carry your telephone in a pocket or on your belt on the opposite side of your body from your pacemaker.

### 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 pacemaker.

## 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.

### Author

Équipe de la cardiologie de l'Hôpital Fleurimont

### Revision and layout

Service des communications  
Présidence-direction générale

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