



# Getting Ready for your Cardiac Device Insertion

## The type of device you will have implanted is:

- Pacemaker
- Implantable Cardioverter Defibrillator (ICD)
- Generator Change (new battery)
- Loop Recorder

Surgery Date: \_\_\_\_\_

Check-in time: \_\_\_\_\_

Address: \_\_\_\_\_

**(If your surgery is in Victoria) Arrive at the Admitting Department of the Royal Jubilee Hospital, 1952 Bay Street, Diagnostic and Treatment Building (main floor.)**

## Before surgery

### Plans for your hospital stay and for going home

- Arrange for someone to bring you to the hospital and take you home (by car, taxi or bus). Please ensure this person can be contacted by phone at any time during the day of your procedure. **You are unable to drive or go home alone in a taxi or bus.**
- If necessary, make arrangements for someone to stay with you the first night after the procedure. If this is not possible, please let the doctor's office know as soon as possible as there may be the potential to make plans for you to stay in hospital longer.

### Lab Tests

You have been given a requisition for a blood test and chest x-ray.

- Please have your blood test done **within one week of your procedure, at your local hospital laboratory.**
- Please have your chest x-ray done **at your local hospital,** in the medical imaging department. This needs to be done **within three months** of your procedure and can be done on a drop-in basis.

## Stopping Medications

- Please discontinue the below medications as instructed:
  - Clopidogrel (Plavix®) \_\_\_\_\_
  - Dabigatran (Pradaxa®) \_\_\_\_\_
  - Prasugrel (Effient®) \_\_\_\_\_
  - Apixaban (Eliquis®) \_\_\_\_\_
  - Rivaroxaban (Xarelto®) \_\_\_\_\_
  - Ticagrelor (Brilinta®) \_\_\_\_\_
  - Warfarin (Coumadin®) \_\_\_\_\_
  - Acetylsalicylic Acid (ASA) \_\_\_\_\_

### Special Medication Instructions

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- Take all other medications as per normal unless advised otherwise. Please stop any herbal supplements/vitamins 3 days prior to surgery.
- If you are diabetic and take insulin, ask your family doctor or endocrinologist for specific directions for taking your insulin the day of your procedure. Test your blood sugar before coming to hospital. Tell the nurse your blood sugar level when you arrive on the unit.

## Eating and drinking

- **No food or drink** from Midnight the night before surgery. This includes chewing gum and hard candies.
- You may take any medications that you would normally take in the morning with **sips of water only**.
- You may brush your teeth the morning of your surgery and rinse your mouth but do not swallow the fluid.

## Cleaning your skin

Cleaning your skin before surgery is an important part of preventing wound infections and promoting healing.

Please purchase **2 x Chlorhexidine (CHG) 4% sponges** at your local drug store.

### The evening before surgery

Wash your hair and rinse as usual. Open a CHG sponge and place a small amount of water on it. Squeeze repeatedly to create suds. Wash your body from neck to navel using the sponge. Make sure no CHG gets into your eyes. Leave the suds on your skin for 2 minutes and then rinse off. Dry with a clean towel and put on clean clothes.

After drying, do not apply body lotion, powder or cosmetics. Do not put on jewelry

### The morning of surgery

Repeat above.

## What to bring to hospital

- BC Care Card or proof of substitute Medical Insurance Plan.
- **All of your medications in their original containers.** You may need to take some of your own medications while in hospital.
- Glasses, hearing aids, and dentures.
- Your CPAP, Bi-level or dental appliance if you have sleep apnea.
- Wear a loose fitting, front buttoning shirt and low heeled non-slip shoes.

## What NOT to bring or wear

- Leave all valuables at home, including jewelry, credit cards, and cash over \$20.
- No perfume, aftershave, nail polish, makeup, false eyelashes or powders
- **No** scented products. You may wear underarm deodorant.

## After surgery

- You will recover on the unit until you are ready to go home.
- You will be on a heart monitor and bed rest for a short period of time.
- You most commonly are discharged from hospital late in the afternoon/early evening. Be sure your driver is available to come earlier if called.

- You will need to go to the pacemaker clinic the next morning after your surgery (if the surgery is on a Friday, this will be on Monday). The nurse will give you a handout with the time. During this visit you will need a CXR and ECG.
- The nurse will give you a handout explaining your follow-up appointments and how to care for yourself at home.
- If you are on Warfarin (Coumadin), restart your usual dose the day of surgery or as directed by your implanting doctor.  
Check with your family doctor for an INR blood test within 5 days of the surgery.
- Regular medications can be restarted the day of surgery.
- For all other medications listed above, please restart the day after surgery

## Incision care

A large white dressing will be present over the incision when you go home. Remove this after 48 hours (2 days).

If there are steri-strips (little tape strips) present under the dressing, they should fall off in a few days. If still present after a week, you may remove these.

Once the white dressing is removed, you may shower with your back turned to the showerhead. Pat dry, do not rub the incision. Other than that, keep the incision clean and dry.

Do not pull off any scabs that may form.

Do not use lotions or powders on the incision.

It is common for the incision to be bruised and slightly reddened. It may be numb or itchy for a couple of weeks. It is often raised for 6 – 8 weeks.

No hot tubs or baths until the incision is fully healed and sealed.

Do not immobilize your arm.

An ice pack and plain Acetaminophen (Tylenol) should be all that are necessary for discomfort.

**If your surgery was in Victoria:** If you have any questions or concerns, please feel free to call 3 South, 250-370-8000, local 17306, Pacemaker Clinic 250-370-8670, or the office who booked your procedure; CVT Surgeon's Office 250-595-1833 or Western Cardiology 250-595-1551.

## Miscellaneous

Please contact your physician and the pacemaker clinic if you have increased pain, swelling or redness or develop drainage at the incision site. Also phone if you develop a fever.

Please contact your physician or dial 911 if you have dizzy spells, light-headedness, persistent weakness, difficulty breathing, prolonged hiccups or chest pain.

You should carry your pacemaker card with you at all times.

The pacemaker may be affected by high power electromagnetic fields (arc welding, radar sets, ham radios). Moving away from these devices should correct the problem.

Microwave ovens, computers, shop tools and common household appliances should not affect pacemakers.

Use cell phones in the opposite ear if possible.

When travelling, you may need to show your pacemaker card to airport security. The pacemaker is not affected by security equipment in stores or at the airport. If security personnel use a wand, it should not be placed directly over the pacemaker.

Tell your physiotherapist/ chiropractor if you have a pacemaker. Some treatments may affect function.

You will need an appointment to see the pacemaker clinic in 6 weeks after the initial visit or as directed. The pacemaker clinic should contact you with the date of this appointment. If they do not contact you within 3 weeks, their number will be on the discharge handouts given to you by the nurses the day you go home.

**The information in this handout is intended only for the person it was given to by the health care team. It does not replace the advice or directions given to you by your doctor.**

Excellent health and care for everyone, everywhere, every time.

