

Getting Ready for Your Cardiac Device Procedure



Patient Education

What is a cardiac device?

Cardiac implanted electronic devices are small devices that are placed in or near your heart. They can help improve your heart rate or may be able to treat dangerous heart rhythms. Many have leads (wires) that connect the device to your heart.

What procedure am I having?

The type of procedure you will have is:

- New pacemaker implant
- New Implantable Cardioverter Defibrillator (ICD) implant
- Generator change (new device with fresh battery)
- Lead (wire) repositioning or replacement

Where and when will the procedure be done?

Surgery Date: _____

Check-in time: _____

Location: _____

How do I get ready for the procedure?

In the days and weeks before your surgery

Plan for going home

- Unless specifically told otherwise by your doctor, you will be discharged from the hospital on the same day of your procedure.
- 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.

- 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.

Lab tests and X-ray

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

- Please have your **blood test done at your local hospital within one week** before your procedure.
- 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.

Purchase pre-op cleansing sponges

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

- ❑ Purchase **2 Chlorhexidine (CHG) 4% sponges** at your local drug store.

Medication instructions

- Take all medications as normal unless advised otherwise.
- Stop any herbal supplements 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.
- Unless otherwise indicated, please restart your medications the day after surgery.

Special medication instructions

Only if indicated below, please discontinue the following medications:

Medication: _____

Last dose: _____

Medication: _____

Last dose: _____

Medication: _____

Last dose: _____

Medication: _____

Last dose: _____

Medication: _____

Last dose: _____

Medication: _____

Last dose: _____

On the night before your surgery

Eating and drinking

- No food or drink** after midnight the night before surgery. This includes chewing gum and hard candies.
- You may take any of your normal **medications with sips of water only** in the morning, except any your doctor has asked you to hold.
- You may brush your teeth on the morning of your surgery and rinse your mouth but do not swallow the fluid.

Cleaning your skin

- Make sure you have your CHG sponges ready.
- In the shower:
 - 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.
 - 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.

On the day of surgery

Morning cleanse

- Repeat the same washing routine** as the night before.
- No scented products.** You may wear underarm deodorant.

Checking in

At your given check-in time, arrive at the Admitting Desk of the Royal Jubilee Hospital, 1952 Bay Street, Diagnostic and Treatment Building.

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.
- A cell phone, book, or tablet computer to pass the time.
- 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.

Going home after your procedure

Please see the handout “Going Home after Your Cardiac Device Procedure” with instructions and guidance for you and your new cardiac device.

More information about cardiac devices

Island Health’s [Cardiac Device Clinic](#) internet page has information about devices, including how to contact your clinic, frequently asked questions, and what to expect from your clinic visit.

For non-emergency health information and services

HealthLinkBC

Phone: 811 from anywhere in BC

Phone: 711 for deaf and hearing-impaired assistance (TTY)

Web: www.HealthLinkBC.ca

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