

## Preparation Instructions for Pacemaker/Defibrillator Procedures

Please follow these instructions prior to your procedure:

- **Do not eat or drink anything for 8 hours prior** to your procedure time, **except** for a sip of water with your medications.
- If you are on a **blood thinner** such as Coumadin, Warfarin, Pradaxa, Xarelto, Savaysa or Eliquis, please **hold this medication as instructed by your doctor/doctor's scheduler** to avoid being rescheduled.
- **Diabetic patients:**
  1. **Metformin** needs to be **discontinued** within 24 hours **prior** to your procedure
  2. Make sure you are **not** on any other **drugs that include Metformin** like: Avandamet, Fortamet, Glucophage, Glocovance, Glumetza.
  3. **Insulin:** take only ½ of your usual dose of insulin that you may need.
- Please inform the staff if you are allergic to contrast dye.
- You will need a driver to take you home after your procedure. Please plan accordingly...note that you cannot drive for 24 hours after procedure.
- Please call the office to reschedule if you develop a fever or infection symptoms within three days of your procedure.

**If you don't arrive to treatment facility for your procedure at your designated check in time, your procedure may be subject to delay or cancellation.**

**After procedure:** After the device is placed, the Cath/EP Lab at the facility may provide you with a temporary device ID card that has a description of your device, including the brand, the type, and the serial number. If so, please bring this card to your follow-up appointment so that our office can scan the card into your chart in the event that the card is misplaced. You will receive a permanent one in the mail up to 4 weeks following the implant.

## Pacemaker/Defibrillator Discharge Instructions

Follow these instructions AFTER you go home from the surgery center

### Activity

- Chest Incision
  - Restrict your arm movement on the side of the incision for the next 7 days (no lifting more than 10 pounds)
  - **No lifting** anything higher than the level of your shoulder on the side of the incision for **6 weeks**. This means **no golfing, kayaking**. Please consider using button up shirts in the healing phase.
  - No **driving for 7 days**.

### Care of Procedure/Incision Site

- **If bleeding occurs, apply manual pressure to the site and call physician or emergency department immediately.**
- Slight tenderness, soreness is normal for up to 5 days after the procedure. If these symptoms persist, are felt to be severe in nature, or any other problems occur, notify your physician immediately.
- You may **SHOWER** after 72 hours. Wash gently, pat dry. Keep area as dry as possible. Let the water hit your back **and not directly** on your incision.
- Avoid lotions and powder at site for 1 week.
- **No** tub bath or soaking and no **swimming** pool or hot tub for 2 weeks.
- **Remove** the outer dressing the day after your procedure. This may have been removed by a provider already. Keep the site clean and dry **and allow steri-strips to fall off** naturally, which may take 2-3 weeks.
- You may have received surgical staples over the incision site instead of steri-strips. These should be removed by a healthcare provider 2-3 weeks following your procedure.

### Diet

- Follow your usual diet unless otherwise instructed.

## Medications

- Please refer to the attached Medication Reconciliation Form for your complete medication list of home medications to continue. Given upon discharge.
- Please note: if you are diabetic and taking Metformin (or a medication containing Metformin), Do not take your Metformin for 24 hours after your procedure.
- You may take non-prescription pain medication that you normally take for minor discomfort such as Tylenol or Acetaminophen.

## Potential Complications

- If you experience **profuse bleeding** from the incision site or notice a **large lump** under the skin at the site (this could mean for are bleeding under the skin), **Apply Direct and Firm Pressure** to that site and go to nearest Emergency room. **If uncontrolled then call 911.**
- You should be able to urinate once within the 8 hours after the procedure. If your bladder feels full and you cannot urinate, please go to the nearest Emergency Room.

## Call you Physician if any of these occur:

- Fever over 100 degrees F taken by mouth 20 min after anything hot by mouth.
- Pain that is not relieved by OTC medications.
- A blood-soaked dressing.
- If the site becomes red, hot to touch or is draining
- Difficulty urinating

## Follow-up Care

- Please call your doctor's office at (480) 747-6532 for a follow up appointment or for questions and concerns. After hours you can reach your physician through the answering service. If you need immediate attention, call 911 or proceed to the nearest Emergency room.