

# Dean & St. Mary's Cardiac Center

Thank you for choosing St. Mary's for your health care. Our goal is to make your stay as pleasant and comfortable as possible. Valet parking is available at our main entrance on Brooks Street. This service is available from 5 a.m. to 10 p.m. daily. The valet attendant will park your vehicle and retrieve it when you are ready to leave.

## Pacemaker Implantation

**Be at the Hospital Patient Registration Desk, A Level, on:**

(day/date)

(time)

**Call 608-258-6856 If:**

- You cannot make it to your procedure on time.
- You have questions or concerns about the procedure.

### What is it?

A pacemaker is a small, lightweight electronic device. It is recommended for people whose heart is beating too slowly or pausing too long between beats. It is inserted into the right or left upper chest near your shoulder. After it has been placed, the pacemaker will keep your heart beating at the proper speed.

### Why do you need a pacemaker?

Your doctor recommends this procedure because of:

- ♥ Your symptoms with your heartbeat (dizziness, fainting spells, confusion or shortness of breath).
- ♥ Your slow heartbeat may be caused by heart disease, heart surgery or catheter ablation.

### Before your procedure:

- ♥ If you take Coumadin (Warfarin), stop taking this medication **three days** before your procedure (unless told differently).
- ♥ Arrange to have someone drive you to and from the hospital. The procedure, from admission time to recovery, may take up to eight hours.

- ♥ Your procedure will require an overnight stay in the hospital.
- ♥ Come prepared to tell us of any preferences you have in your care, including: food, family visitation, and prayer.

**The day before your procedure:**

- ♥ You will receive a call after 2:00 pm the day before, with the time of arrival and instructions.
- ♥ Do not eat or drink anything after midnight the evening before your procedure.

**Day of your procedure:**

- ♥ Do not take any medications **including**; insulin for diabetes, vitamins, herbals, **and/or** food supplements the day of your procedure unless told differently by your physician.
- ♥ Bring all your medications including any over-the-counter medications, inhalers, herbs, etc., that you are presently taking, in their **original** container with you. This will help update your records.
- ♥ Bring your Bipap/Cpap machine if you have one
- ♥ Bring your insurance cards, your Advanced Directives, Durable Power of Attorney for Health Care, and/or Living Will, if you have one completed.

**Note: St. Mary's offers a free public seminar every Monday at 12:30 p.m. to learn about and fill out an Advanced Directives form. No registration is necessary, check at the Information Desk for the room location.**

- ♥ Leave all valuables at home including rings, watches and money.
- ♥ After you register, you will be sent to the Surgical Procedure Unit.

**Preparing for your procedure:**

- ♥ You will change into a hospital gown.
- ♥ A nurse will interview you and place an intravenous (IV) line in your arm. Tell your nurse if you are right or left handed. The pacemaker will be placed in your non-dominant side, if possible.
- ♥ You will sign a consent form for the procedure.
- ♥ Blood tests and an Electrocardiogram (EKG) will be done.

- ♥ Your heart doctor and healthcare team will review the procedure with you. This will be a good time to ask questions and share any concerns that you may have.
- ♥ You will sign a consent form for the procedure.
- ♥ You may be given medication before the procedure that will help you relax and make you sleepy. You will be given an antibiotic to prevent infection.
- ♥ You will be away from your room at least 1 ½ to 2 hours. Please remember it is common for times to vary depending on your procedure. Your family and belongings will be taken to your new room. We will ask your family to notify the nurse if they leave the area while you are gone.

### **During your procedure:**

- ♥ Upon arrival to the Electrophysiology Lab (EP), you will be moved from a stretcher to a table. You will lie flat on your back.
- ♥ You will hear beeps; see TV screens and an x-ray camera which will rotate around you.
- ♥ Any hair will be clipped in the area where the pacemaker will be placed.
- ♥ Additional IV medication will be given to help you relax. You may feel sleepy afterwards.
- ♥ Contrast dye will be injected into your IV. A warm feeling may travel through your body and last for a few seconds.
- ♥ An x-ray picture will be taken of the large vein that goes into your heart from the arm.
- ♥ The area where the pacemaker will be placed is scrubbed with a special skin cleanser.
- ♥ You will be covered with a large sterile drape which will cover your head like a tent. If you are claustrophobic, let your healthcare team know.
- ♥ This procedure should not be painful. Let your EP team know if you have any pain or discomfort.
- ♥ Your doctor will numb the area where the pacemaker will be inserted.
- ♥ An incision is made just under the collarbone and a “pocket” is made under the skin. This is where the pacemaker will go.
- ♥ Special wires (called leads) will be inserted through the chest incision. With the help of an x-ray camera, your doctor will guide the lead(s) into your heart. If one lead is inserted it is called a single chamber pacemaker. If two leads are inserted, it is called a dual chamber pacemaker.

- ♥ Each lead will be tested after it has been placed; attached to the pacemaker, and placed into the “pocket”. The pacemaker system will then be tested.
- ♥ The pacemaker will be programmed to treat your particular problem.
- ♥ The pocket and skin are closed using sutures. These sutures dissolve and do not need to be removed.
- ♥ A sterile dressing will be applied.

**After your procedure:**

- ♥ You will be taken to the Cardiovascular Intermediate Care Unit to stay over night.
- ♥ Your family and belongings will be waiting in your new room.
- ♥ You will remain on bed rest until instructed by your nurse.
- ♥ You will wear an arm sling for 24 hours. This will prevent you from over-using your arm and moving the leads.
- ♥ Your heart doctor will talk to you and your family later in the day about your procedure.
- ♥ A representative from the pacemaker company will check your device before you leave the hospital to make sure it is working properly.

**Discharge instructions:**

- ♥ Relax for the remainder of the day.
- ♥ You will receive written discharge instructions from your nurse.

Call the Dean Clinic, 608-252-8000, if you have any concerns. This line is open 24 hours a day.

**Tobacco free campus**

**For your health, we are a tobacco-free facility and campus. Thank you for not smoking or using tobacco products on hospital grounds.**

Other resources available to you at: [www.stmarysmadison.com/cardiac](http://www.stmarysmadison.com/cardiac).

Then Click on “Patient Instructions”.