Cardiovascular Device Implants

- Pacemaker
- ICD (Implantable Cardioverter-defibrillator)

This booklet will help you learn about your care before and after your device implant procedure. We hope you will find it helpful. Please bring this booklet with you to your pre-assessment clinic appointment and to your procedure.

**Your first appointment** will be in the device pre-assessment clinic on the 2nd floor of the Halifax Infirmary. Please expect to be at this appointment for about 3 hours. **Another person must come with you.** Please bring all your medications in their original bottles.

**Pre-assessment clinic appointment date and time:**

If you need to cancel your appointment, please call the booking clerk at 902-473-3292.

Call the booking clerk before coming to the hospital if you have a fever, cold, or flu-like symptoms.
As a device implant patient, you will:

• Come to the hospital about 3 hours early on the day of your procedure. (Your procedure may be cancelled if you are late.)

• Have your procedure done in the Operating Room (OR) or Cardiac Cath Lab.

• Return home a few hours after your procedure.

Date of your procedure: ________________________________________________

Time to arrive at hospital: ______________________________________________

Please come to:

☐ Cardiac Day Unit – Level 6, Halifax Infirmary:
   From the Robie Street entrance, follow the hallway to the North elevators. Take the North elevators to the 6th floor. Go directly to 6.1 Cardiac Day Unit.

   From the Summer Street entrance, take the North elevators to the 6th floor. Go directly to 6.1 Cardiac Day Unit.

☐ Same Day Surgery Unit – Level 5, Halifax Infirmary:
   From the Robie Street entrance take the Robie Street elevators directly on your left to the 5th floor.
Make sure you bring these items with you:
› Your health card
› All of your medications in their original pharmacy bottles
› The name and phone number of your emergency contact person
› All walking aids
› If you use a CPAP machine, please bring it with you

What are your questions? Please ask. We are here to help you.
In Nova Scotia you can call 811 to talk with a registered nurse about your health care questions 24/7.
If you are on a blood thinner or a diabetic medication (pill or insulin), be sure you know when to stop or change your medication before your procedure. You will be given these instructions at your pre-assessment clinic appointment.

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Instructions before your device procedure

Follow these instructions to complete your skin preparation (prep) before your procedure. You will be repeating the skin prep twice: the night before your procedure and the morning of your procedure. The skin prep helps to lower the risk of infection at the site of the procedure.

The night before your procedure

• Shower or bathe. Do not shave any part of your body, including your face, legs, and under your arms. Shaving before you apply 2% Chlorhexidine Gluconate (CHG) may cause redness or make your skin itch.

• Do not have anything to eat or drink after midnight the night before your procedure.

• Complete the skin preparation instructions as described in this pamphlet.

• After you shower or bathe, wait one hour before using CHG pre-moistened cloths.

• You will get a pack of cloths. Use one cloth the night before your procedure, and another cloth the morning of your procedure. See page 7 for where to use the cloths.

• Your skin should be completely dry and cool before applying CHG.
• Do not use lotions, moisturizers, or makeup. Water and ingredients commonly found in personal care products can reduce the antiseptic (cleansing) effects of CHG.

• After you use the CHG cloths, you will not be able to shower or bathe. CHG works best when left on the skin. Let the CHG dry completely. Do not rinse it off.

• If you develop a skin irritation after using the cloths, do not reapply.

The day of your procedure
• Take your usual medications with a small amount of water, unless you have been told not to.

• Do not eat or drink anything after midnight the night before your procedure.

• Repeat the skin prep. See instructions for skin prep on the next page.
Skin prep

1. Using one cloth, gently wipe your neck and chest. Start at your chin and end at your belly button. Wipe from shoulder to shoulder. See the diagram for the area in grey that should be wiped.

2. After using the cloth, let your skin dry for one minute.


- If you are using a package with multiple cloths, make sure you re-seal the package so the other cloths do not dry out overnight.
- Avoid contact with your eyes, ears, and mouth.
- It is normal for your skin to feel sticky for a few minutes after the CHG is applied.
- On the morning of your procedure, repeat skin prep steps 1-3 with a new cloth. You may throw away the rest of the cloths.
Plan for your discharge

• Plan to have someone take you home. Do not drive yourself home.

• For your first night home, have someone stay overnight with you.

• On the night of your procedure, you are required to stay within 50 km of the Halifax Infirmary. Please make arrangements for this before your procedure.

Care of your device insertion site

• Take the first dressing off 2-4 days after your procedure.

• Leave the Steri-Strips™ (tape) underneath the dressing on your skin. These will fall off in 7-10 days.

• Do not shower until the incision (cut) is well healed.

• You may have discomfort at the incision site. Acetaminophen (e.g. Tylenol®) may help. Ask your pharmacist if you need help.

We recommend you follow up with your family doctor 2 to 4 days after your procedure. If you have questions after your procedure, please call your family doctor.
Signs of infection

Contact your family doctor if you have:

› swelling that gets bigger at the insertion site
› redness or warmth at the insertion site
› severe or sudden increase in pain
› fever or chills
› yellow drainage or fluid seeping from the insertion site

If it is an emergency, go to your nearest Emergency Department or call 911.

What are your questions?
Please ask. We are here to help you.
Looking for more health information? Find this pamphlet and all our patient resources here: http://library.nshealth.ca/PatientGuides

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to http://library.novascotia.ca

Connect with a registered nurse in Nova Scotia any time: call 811 or visit https://811.novascotia.ca

Learn about other programs and services in your community: call 211 or visit http://ns.211.ca

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment. Please do not use perfumed products. Thank you!

www.nshealth.ca

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The information in this pamphlet is to be updated every 3 years or as needed.