



**Southend University
Hospital**
NHS Foundation Trust

Patient Information Service

Day case permanent pacemaker box change

Box change (battery change)

Pacemakers are designed to last up to ten years or more although the actual time may vary depending on the type of pacemaker. The most common reason to replace a pacemaker is when the battery begins to run down. A date has now been arranged for you to be admitted as a day case patient for the battery to be replaced.

Pre-assessment

You will be invited to a pre-assessment clinic approximately two weeks before the procedure. The clinic is held on the cardiac medical day-stay ward.

The nurse or cardiac technician will take your medical/social history and will give you information about the procedure.

Please bring your medicines with you.

Please feel free to ask any questions that you wish.

Medication

Your medication will be discussed with you prior to your procedure. If you have diabetes then please discuss your insulin and/or diabetic tablets with the nurse at pre-assessment so that you are clear about instructions for the day of your procedure.

Please bring your medications with you on the day of your procedure.

Do not stop any of your medications including anticoagulants unless specifically told to do so.

Prior to admission

You must have nothing to eat for six hours. It is important that you continue to drink water until you arrive on the ward.

The nurse will advise at pre-assessment clinic if you need to shave your chest.

You will be nursed in a mixed sex ward. We will do our best to ensure your privacy is respected.

Please remove any make-up and nail varnish or gel nails before coming into hospital.

Things to bring

Please bring with you all medication that you are currently taking as well as contact details for your next of kin and details of who is collecting you

Tea and coffee will be provided but if you prefer fruit squash/ cold drinks please bring your choice with you.

Feel free to bring reading materials or an electronic device (with earphones) to help pass the time. Please do not bring jewellery or money with you. You may bring a mobile phone but please be aware the Trust can not take any responsibility for your belongings.

An overnight bag is advisable in case you are required to stay in for any reason. Please bring your dressing gown and slippers.

Unfortunately there is insufficient space on the unit for a companion to accompany you. However chairs are provided outside the unit where they are welcome to wait.

There is a cafeteria situated on the first floor.

Consent

You will be asked by the doctor to sign a consent form prior to the procedure. A copy of the form will be given to you for your personal records.

Risks and complications

There is a small risk of bleeding and bruising. This will usually be self-limiting but occasionally the wound will need to be reopened and the bleeding stopped.

There is a small risk of infection in the wound.

Pain

You may experience some minor discomfort at first. Any mild painkiller that you would normally take will relieve this.

Discharge home

You will need to be escorted home and it is advisable to have someone stay with you overnight.

You **MUST** be collected from the ward.

Immediately after your procedure and for four weeks, you should not lift your arm above your shoulder.

Remember, no heavy lifting for four weeks.

Wound care

The wound is stitched. The area needs to be kept clean and dry.

The stitches can be removed after seven days (ten days if you are diabetic). You will need to arrange this with your practice nurse.

The dressing is to remain intact until the practice nurse appointment; it must be kept clean and dry. If the dressing comes off early or there are any issues then please contact the practice nurse.

To sum up

Live a normal life as you did before.

All previous advice is still relevant regarding daily life.

A one month follow-up appointment will be made for you in the pacemaker clinic in the heart and chest department.

You must not drive for one week following your procedure. It is, however, wiser to minimise your driving for up to a month.

Returning to work or school should be discussed with your doctor.

Keep the appointments for technical and/or medical check-ups.

Contact the pacing clinic (Monday to Friday 9.00am to 5.00pm) or **111** if out of hours or your GP immediately in the event of:

- dizziness
- tendency to faint
- redness, inflammation, discharge or sensitivity to pressure.

Keep in touch with us, ie pass on your new address if you move.

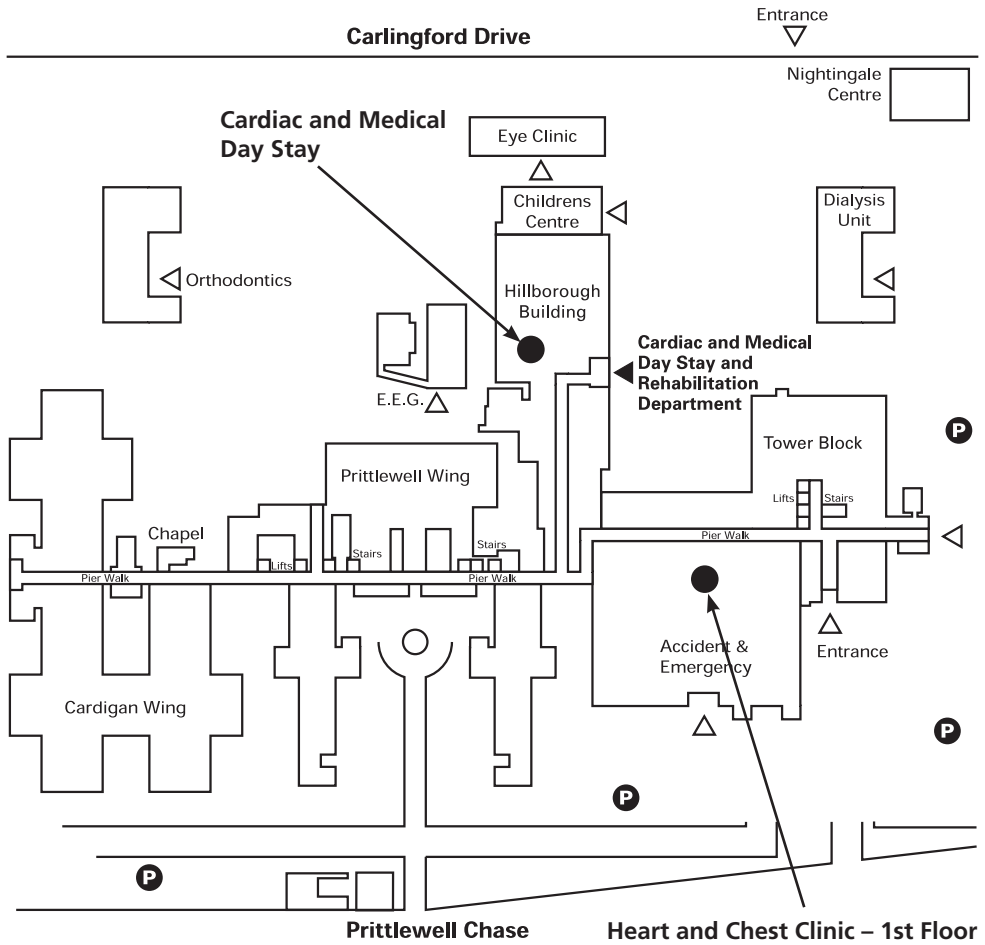
Pacers

We have a pacemaker support group at the hospital. The group meets four times a year and you will be provided with the dates.

The meetings are quarterly and the dates and times will be given to you.

The aim of the group is to keep pacemaker patients fully informed and up to date.

Where we are





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If this leaflet does not answer all of your questions, or if you have any other concerns please contact the pacing room on on: **01702 435555 ext 5033.**

www.southend.nhs.uk

For a translated, large print or audio tape version of this document please contact:

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