

## WHAT TO BRING WITH YOU

- ♥ Health insurance details
- ♥ Medicare card
- ♥ Referral letter/s
- ♥ X-rays and pathology results
- ♥ A list of all your current medications
- ♥ An overnight bag and toiletries
- ♥ Reading material

## ON THE DAY

**PROCEDURE TIME** Insertion of a permanent pacemaker takes approximately one hour.

**LENGTH OF STAY** You will be required to stay in the recovery ward for approximately 1 1/2 to 2 hours following the procedure.

**VISITORS** Your immediate family or carers can see you briefly in recovery after the procedure and when you are up and walking around. The staff will advise you of the time your family can collect you.

**DRIVING** You will not be permitted to drive a car for a period of 7 days so please make alternative transport arrangements.

**DISCHARGE INFORMATION AND CARE** Following the procedure your Cardiologist and the pacemaker technician will speak to you and provide you with detailed information on your pacemaker and instructions on taking care of your wound. In addition you will also be given a course of antibiotics and some tablets to take for any discomfort.

**SECURITY** Secure lockers are provided for your belongings, however please do not bring large amounts of cash or valuables with you on the day.

## Sutherland Heart Clinic



## PERMANENT PACEMAKERS

## PATIENT INFORMATION GUIDE

Level 2, The Sutherland Hospital  
The Kingsway, Caringbah, NSW 2229

**Hours:** 7am - 6pm

Mon - Fri

**Phone:** (02) 9540 8555

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Level 2  
The Sutherland Hospital  
The Kingsway, Caringbah

## Welcome to the Sutherland Heart Clinic

The Sutherland Heart Clinic follows on from the success of its predecessor - the Eastern Heart Clinic - at the Prince of Wales Campus in Randwick. As a satellite facility it has been developed along the same lines. Being doctor owned we are able to provide a consistent clinical focus which translates into the best results for you.

The facility opened in May 2006 and allowed our team to design a brand new private hospital whose focus was interventional cardiology, pacemaker implantation and vascular surgery. The best facility design has been incorporated for your comfort, results and recovery. The Clinic is open Monday to Friday for elective procedures and the staff are on call 24hrs a day for emergencies. There are two catheter laboratories (specialised operating theatres) equipped with the latest technology.

The Clinic's team is committed to providing the best possible care and service and we will ensure that your personal dignity, safety and privacy will be respected and protected at all times. Any treatment offered to you will take place only with your consent following discussion, explanation and disclosure of risk. All information contained in medical records are kept confidential.

This pamphlet has been prepared to acquaint you with the facility and the range of services offered. We hope it will answer many of the questions you may have regarding your forthcoming procedure.

Please read on.

## HOW THE HEART WORKS

The heart consists of 4 chambers. The upper two chambers (atria) fill the lower chambers (ventricles) which pump blood to the lungs and body. The heart's natural 'beat', the sino-atrial (SA) node, is located in the right atria. In order for the heart to beat, this node sends regular impulses to the atria and stimulates the atria to contract and empty blood into the ventricles. The impulse then continues down a pathway to the atrio-ventricular (AV) node where the impulses spreads down the ventricles causing the ventricles to contract and pump blood to the lungs and body.

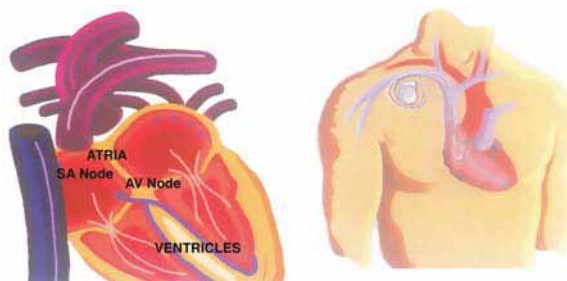
## PERMANENT PACEMAKERS

A permanent pacemaker is required when there is a disturbance in the heart's ability to transmit electrical impulses. This may result in the heart beating too slow and / or too fast or irregularly.

The effect of the heart rhythm disturbance could possibly cause symptoms such as dizziness, fatigue, fainting spells or shortness of breath.

A permanent pacemaker delivers electrical impulses to the heart via one or two flexible insulated wires to restore normal function and rhythm.

In brief, the Doctor will inject local anaesthetic into the chest wall. A small pocket will be made under the skin and the electrodes (wires) are introduced into the right side of the heart via a vein. The electrodes are positioned under x-ray and tested. The pacemaker is then attached and the skin is sealed with dissolvable stitches.



## YOUR APPOINTMENT

- ♥ Following the visit to your Cardiologist the secretary will schedule a booking at the earliest time available.
- ♥ You will be sent a letter of confirmation detailing your instructions.
- ♥ You will be required to phone the Clinic on the day before your procedure after 12pm for your admission time and further instructions.
- ♥ Please inform the secretary if you will require accommodation (especially if you have to travel) or need an interpreter.

## PREPARATION

**FASTING** You will be required to fast for 4 hours prior to your procedure. You may have a light early breakfast and tea/coffee on the morning of your appointment.

**HYGIENE** No special requirements - shower or bath as per usual.

**MEDICATIONS** It is important that you continue to take your regular medications as prescribed right up until your procedure, **with the exception of:**

**Warfarin** If you take the medication Warfarin you will need to consult with your referring cardiologist who will advise you if you need to stop taking your Warfarin 3 days before your procedure. Your cardiologist may also advise that you need to take a substitute anticoagulant (blood thinner). It is very important that you do not stop your Warfarin until you have discussed this with your cardiologist.

**Insulin** If you are prescribed insulin we suggest you eat a light early breakfast and take half your regular insulin dose. Remind the booking staff that you are on insulin and we will attempt to schedule your procedure as early as possible.