

# Preparing for Insertion of a Heart Device

## Pacemaker, Implantable Cardiac Defibrillator, Loop Recorder, or Cardiac Resynchronization Therapy

Abbotsford Regional Hospital

**Name:** \_\_\_\_\_

**You are going to have a:**

- ☐ Pacemaker
- ☐ Implantable Cardiac Defibrillator (ICD)
- ☐ Loop Recorder
- ☐ Cardiac Resynchronization Therapy (CRT)

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Report to:** Fraser Wing 4<sup>th</sup> floor, Surgical Day Care

### Planning before your procedure

Check off (☑) each activity as you complete it.

At least **one week before** your procedure, you must arrange for the following:

- ☐ A ride to the hospital.
- ☐ Someone to be with you in the hospital if you would like someone to help you keep track of the information we give you, or if you need help reading or speaking English.
- ☐ A ride home from the hospital.

Remember - You cannot drive right after the procedure. We tell you after the procedure when you can drive again.

- ☐ Someone to stay with you for a day or two when you return home.

Also, pick up from your pharmacy:

- ☐ The skin cleaning product chlorhexidine gluconate 2%.

### What to bring to hospital

Check off (☑) each item as you pack your bag for the hospital.

- ☐ BC Services Card or BC CareCard
- ☐ Photo identification such as a driver's license
- ☐ List of all medicines you are taking (prescription medications, medicines without prescription, vitamins, supplements, herbals, natural remedies, other drugs)
- ☐ All medications in their original containers (prescription and medicines without prescription)
- ☐ Dentures and case
- ☐ Hearing aids with a spare battery and case
- ☐ Glasses and case
- ☐ Walking aids such as cane or walker

Leave valuables such as jewellery, money, and credit cards at home.

### Any questions or concerns

**Call: 1-855-529-7223 (PACE)**  
**Monday to Friday**  
**8:00 a.m. to 3:00 p.m.**

## Preparing for the Procedure

### Eating and drinking

Unless your doctor has told you otherwise:

- Eat a snack the evening before your procedure.
- **Do not** eat any food after midnight (12:00 a.m.).
- If you are thirsty during the night, drink as much clear liquids as you like (such as water, clear juice, or clear tea).
- At 5:00 a.m. the morning of your procedure, drink 1 or 2 glasses of apple juice or cranberry juice.
- **Do not** drink any liquids after 5:00 a.m.

### Cleaning your skin

#### The evening before your procedure

- Remove any make-up, nail polish, and jewellery.
- Clean the skin of the front of your upper body to your waist, your neck, and both arm pits with a **chlorhexidine gluconate 2%** product.

**For chlorhexidine gluconate 2% pre-packaged wipe:** Use the wipe to clean your skin as described above. Do not rinse your skin. Let the product dry on your skin.

**For chlorhexidine gluconate 2% liquid, soap, or brush:** Wash, rinse, and dry your skin.

- **Do not** shave any part of your upper body. We will remove any hair if needed.
- **Do not** put on any body products after the skin cleaning (such as perfume, lotion, deodorant, or powder).
- Put on freshly washed clothes.

### Taking your medication

#### The morning of your procedure

- Take all medications you normally take in the morning with a small sip of water, unless your doctor has told you something different.
- **If you have diabetes:**
  - **Do not** take your diabetic medication before coming into hospital, unless your doctor has told you to.
  - Bring your diabetic pills or insulin with you to the hospital.
- **If you are taking 'blood thinners':**
  - Ask your doctor about when to stop taking this medication before the procedure.

### Where to go

Surgical Day Care, Fourth (4<sup>th</sup>) Floor  
Abbotsford Regional Hospital  
32900 Marshall Road, Abbotsford

Enter through the main entrance.  
Take elevator to 4<sup>th</sup> floor, Fraser wing.  
Turn right off the elevator and right again.  
Continue down the hall to Surgical Day Care  
(opens at 6:00 a.m.)

### Parking

Pay parking is available on site. Pay stations located inside main entrance.

**Please note:** Parking machines accept credit cards, debit cards, and cash. No change given.

### For more information

Refer to '[A Guide to Your Pacemaker](#)' or '[A Guide to your Cardiac Resynchronization Therapy and Implantable Cardiac Defibrillator](#)'