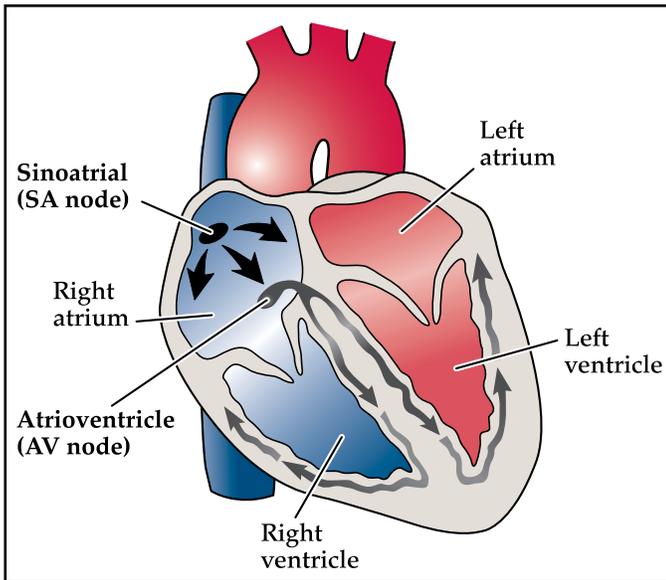


# Permanent Pacemaker Insertion

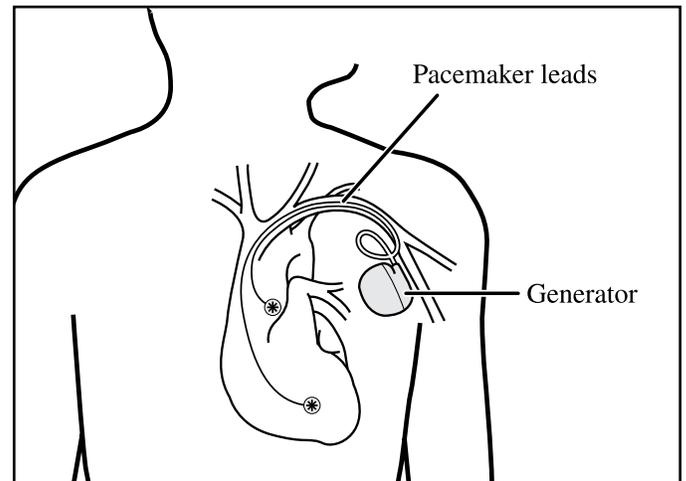
## How Your Heart Works

Your heart beats (pumps blood) because special cells in your heart (the sinus node, your heart's natural pacemaker) produce electrical impulses. The impulses cause your heart to contract and pump blood. Your sinus node causes those impulses to travel down to the muscle walls of your heart, causing your heart to contract.



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**The sinoatrial atrial and atrioventricle nodes help your heart pump blood.**



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**A pacemaker helps your heart beat regularly and give your body the oxygen it needs.**

## Why Your Doctor Wants You to Have a Pacemaker

Sometimes, there may be an interference in the way the impulse travels. When this occurs, there may be problems that change your heart rhythm. They include either:

- a heart beat that is slow
- an irregular rhythm
- a complete block of your heart's electrical impulse.

The pacemaker will make your heart beat regularly and give the cells in your body adequate oxygen and nutrition.

*(over)*

## Food and Liquid Directions Before Surgery

These directions are based on your scheduled arrival time. Not following these directions could mean your procedure will be delayed or canceled.

### Alcohol and tobacco: 24 hours

- Do not drink any alcohol 24 hours before your scheduled arrival time.
- Do not smoke, vape, use chewing tobacco or use any other tobacco products up to 24 hours before your scheduled arrival time.

### Solid foods: 8 hours

- Eat up to 8 hours before your scheduled arrival time.
  - Eat light meals such as oatmeal or toast.
  - Do not eat foods that are heavy or high in fat such as meat or fried foods.

### Clear liquids: 2 hours

- Drink only clear liquids up to 2 hours before your scheduled arrival time.
  - Drink water, fruit juice without pulp, black coffee, clear pop or tea.
  - Do not have milk, yogurt, energy drinks or alcohol.

### Medicines

- Take your medicines as directed with a small sip of water.
  - Talk with your cardiologist if you have diabetes or if you take warfarin (Jantoven®).

## Before the Procedure

- If you have diabetes, remind your doctor of your diet, medicine or insulin needs.
- The area below your collarbone will be shaved, if needed.
- A nurse will start an intravenous (IV) line in your arm.
- The doctor may order certain blood tests be taken.
- You will be asked to sign a consent form.

## During the Procedure

- You will receive an antibiotic (medicine) through your IV.
- The doctor will numb the site with medicine.
- The doctor will make an incision just below your collarbone for the pacemaker. The pacemaker and leads are attached. The leads are then positioned inside your heart.
- The doctor will test the pacemaker to see if it is working properly.
- The doctor will close the incision and put a dressing over it.

## After the Procedure

- A chest X-ray and EKG will be done.
- You will have your blood pressure, pulse and heart rhythm checked often.
- A shoulder immobilizer may be placed on your procedure arm for 24 hours.
- You will be on bedrest, as ordered by your doctor.
- You may eat after you no longer need bedrest.
- You will be given an informational booklet and an identification card before you leave the hospital.