

metal casing of the device may set off the airport security alarm. The detector is unlikely to cause any harm to your pacemaker provided you walk briskly through the arch. You may be asked to walk around the metal detector archway. If a hand held metal detector wand is to be used, request that the wand not be placed directly over the device.

Some jobs and working environments can affect your pacemaker, such as:

- Arc welding.
- Areas where industrial magnets are used.
- Working with television, radio or radar transmission equipment.
- Military installations.
- Jobs that involve carrying hi-fi or PA speakers, or any other equipment containing magnets.

Normal household appliances such as your television, radio or computer are fine to use with your pacemaker. Properly maintained microwave ovens will not affect your pacemaker.

## For more information

If you would like more information, or have any questions about your pacemaker, please contact the pacing clinic on **01895 828 553**.

If you have concerns about any aspect of the service you have received in hospital and feel unable to talk to those people responsible for your care, call PALS on 01895 826 572 or email [pals@rbht.nhs.uk](mailto:pals@rbht.nhs.uk). This is a confidential service.



A lifetime of specialist care

Royal Brompton Hospital  
Sydney Street  
London  
SW3 6NP  
tel: 020 7352 8121  
textphone: (18001) 020 7352 8121

Harefield Hospital  
Hill End Road  
Harefield  
Middlesex  
UB9 6JH  
tel: 01895 823 737  
textphone: (18001) 01895 823 737

website: [www.rbht.nhs.uk](http://www.rbht.nhs.uk)

إذا كنت ترغب في الحصول على ترجمة فورية لمضمون هذه الوثيقة إلى اللغة العربية، يرجى منك الاتصال بأحد مستخدمينا بجناح المصلحة التي يتم فيها استشفائك. أحد موظفينا سيسعى لترتيب إجراءات الترجمة وإتمامها في الوقت المناسب لك.

Brosurteki bilginin Türkçe tercemesi için tedavi görüyor olduğunuz bölüme basurunuz. Bölüm personeli tercemenin gerçekleşmesini en kısa zamanda ayaracaktır.

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Royal Brompton & Harefield **NHS**  
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Harefield Hospital  
**Pacing clinic**



This leaflet gives general information about our pacing clinic. It does not replace the need for personal advice from a qualified healthcare professional. Please ask if you have any questions.

This leaflet is for patients who have had a pacemaker fitted. It gives you information about looking after your wound, coming for follow-up appointments, and some general information about your pacemaker.

## Before your first follow-up appointment

We expect your wound to heal in seven to 10 days. Your wound is covered with a skin adhesive (glue). It is important that you do not try to remove any of the adhesive; it will peel off naturally in one to three weeks.

We will check your wound when you come to your first pacing appointment. However, it is important that you check your wound for increased:

- redness
- tenderness
- swelling
- discharge.

If you notice any of these changes, or are worried about your wound, please contact the pacing clinic immediately

on **01895 828 553** weekdays between 9am and 5pm.

If you need to reach us outside these hours, please contact the hospital switchboard on **01895 823 737**, and ask for the cardiology registrar.

If you develop a temperature or feel unwell, please contact the pacing clinic immediately on the numbers above.

## Taking care of your wound

Please keep the wound clean and dry. You may take a shower anytime from two hours after having the pacemaker fitted, but it is important that you do not take a bath during the first week after your procedure.

Please do not swim until your wound has healed completely.

## Transport

If you cannot use public transport and need help to get to the pacing clinic, please contact your GP at least four days before your appointment to arrange transport.

## Cancelling your appointment

If you are unable to make your appointment, please let us know as soon as possible. Letting us know early means we can give your appointment to another patient, as well as sending you a new appointment.

## Your identification (ID) card

After your procedure, you received an ID card with details about your pacemaker and follow-up clinic. The card also includes personal information such as your name, address and GP.

Please contact us on **01895 828 553** if any of your information changes, such as your address or GP. It is important that you always keep your ID card with you. If you lose it, or need to make changes, we can give you a new card.

If you are seeing a doctor, dentist or other healthcare professional, please remember to tell them that you have a pacemaker and show them your ID card. They can check that any planned procedure will not affect your pacemaker.

## About your pacemaker

### Pulse or heart rate

It is normal for your pulse or heart rate to change, depending on what you are doing and how you are feeling.

### Driving

It is important that you do not drive for the first week after you have had your pacemaker fitted. You must inform the DVLA and your motor insurance company that you have had a device fitted.

## Physical activity

Please avoid putting strain on your wound for two to four weeks after the procedure. This means that you should not take part in any activity that involves lifting your elbow above shoulder level.

Please avoid lifting heavy objects and taking part in sports for the first four weeks after your procedure.

## Interference

Mobile and cordless phones are unlikely to affect your pacemaker. However, we recommend that you keep your mobile phone at least six inches (15cm) away from your pacemaker as a precaution. You can do this by using your phone on the opposite side from where your pacemaker is fitted. Please do not keep your mobile in a jacket pocket close to your pacemaker – even if it is switched off.

Security alarmed doors in shops and libraries are unlikely to affect your pacemaker. It is advised that you walk through these security doorways at a normal pace and do not wait around in these areas.

You can safely travel abroad with your pacemaker, but you are advised to show the security staff your ID card before you go through the barrier. Walk through the metal detector archway if asked to do so, but the