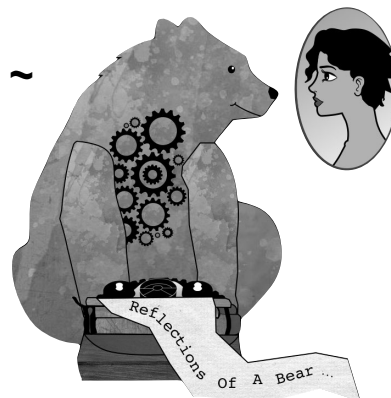


~ REFLECTIONS OF A BEAR ~

PACEMAKER CHECKLIST



Things to discuss with your doctor

- What kind of pacemaker will I be getting?
(Traditional / Transcatheter Pacing System (TCP))
- How will my pacemaker be implanted?
(Under the skin / in a muscle pocket / through an artery in the groin)
- Where will my pacemaker be placed?
(Left chest / somewhere else / inside heart (TCP only))
- Can you show me an example of the one you are planning to implant?
- What brand will my pacemaker be?
- Will my pacemaker have a defibrillator?
- How many leads will my pacemaker have?
- Will both the pacemaker and leads be MRI safe?
- How long do you expect the battery will last?
- Will you be taking any x-rays?

- How do I care for my wound?
 - When can I shower / get my wound wet?
 - Will the dressing need changing? When?
 - What symptoms should I watch out for? (e.g. signs of infection)
 - Will the stitches need removing, or will they be dissolvable?
 - How long after the surgery should a doctor check the wound?

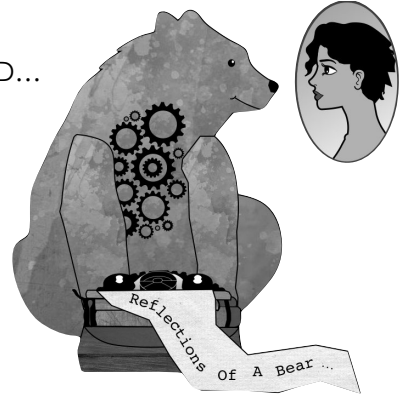
- How long will it be until I can...?
 - Raise my arm above my head?
 - Lift heavy things with that arm?
 - Drive a car?

add your own specific activities here

- Once I have a pacemaker, will I still be able to...?

add your own specific activities here

~ REFLECTIONS OF A BEAR ~
PACEMAKER CHECKLIST CONTINUED...



- Where will the surgery take place?
- Who will be doing my surgery?
- Who will be my anaesthetist?
- How much will it cost?
- Do you / the anaesthetist have a no gap policy?
 - (Also check with your private insurance to find out what parts of your surgery / fees / hospital stay they will or won't cover)
- How long will I stay in hospital after the surgery?
- Will I need to stop taking any of my medications before the surgery?

Things to pack

- Button up shirts
- Strapless bras / 'genie' bras
- Headphones & devices pre-loaded with music / audiobooks / movies
- Chargers for your devices
- Printed list of allergies & reactions
- Printed list of the medications you take
- Your medications
- Food & water (if you have special dietary needs they can't cater for)
- Toilet paper

NOTES: _____
