

## Patient information factsheet

# Your cardiac rhythm management device: leadless pacemaker

We have given you this factsheet because you have been implanted with a leadless pacemaker.

### What is a leadless pacemaker?

A leadless pacemaker is used to treat heart rhythms that can cause your heart to beat too slowly or miss beats. It is implanted directly into your heart either via a vein in your neck (jugular access) or a vein in your groin (femoral access).

### What you need to know

The ward team or implanting doctor will remove your sutures (stitches) before you leave hospital.

**For the first 24 to 48 hours at home**, support your puncture site with your hand if you sneeze, laugh or cough.

**Avoid strenuous exercise** until the puncture site is well healed and comfortable (do not climb two stairs at a time, ride a bike, dig the garden or play sports, for example).

**Try to minimise bending the puncture site.** Do not lift heavy objects (nothing heavier than a full kettle of water) for six weeks.

**Please keep a careful eye on the puncture site.** Once you have removed the dressing the day after your procedure, keep the area dry until it is well healed.

Look out for any signs of infection, such as:

- redness or soreness
- raised appearance
- discharge
- raised temperature
- sudden severe pain at the puncture site

If you have any concerns about your puncture site, contact the cardiac rhythm management department between 8am and 5pm, Monday to Friday.

Outside of these hours, go to your nearest emergency department.

**Your first appointment with the cardiac rhythm management (CRM) team** will be around six weeks after your procedure. At this appointment, we will:

- check your leadless pacemaker
- review your puncture site
- answer any questions you may have

## Future appointments

When we need you to come into the hospital to have your leadless pacemaker checked, we will send you an appointment letter. Please bring a list of your current medication with you to any appointments.

## Magnets

Many everyday objects contain magnets. As magnets can temporarily change how your implanted device works, it is important that you:

- keep a distance of at least 15cm between your implanted device and any objects containing magnets (such as induction hobs and newer mobile phones and chargers).
- inform healthcare professionals caring for you that you have an implanted device before you have any treatment.
- do not keep a mobile phone in a shirt pocket.
- use the opposite hand to where your device is implanted to hold any objects containing magnets.

Normal function of your implanted device will resume once you move away from the object containing the magnet.

## Contact us

If you have any questions or concerns regarding your device, please contact us.

### Cardiac rhythm management (CRM) department

Telephone: **023 8120 6404** (Monday to Friday, 8am to 5pm)

Email: [crm@uhs.nhs.uk](mailto:crm@uhs.nhs.uk)

Outside of these hours, please contact the hospital switchboard on **023 8077 7222** and ask to speak to the cardiovascular and thoracic bleep holder.

### My Medical Record

My Medical Record is an online service provided by University Hospital Southampton NHS Foundation Trust (UHS) that gives you access to your own digital health record.

On My Medical Record, you will be able to:

- message either the CRM nurses or physiologists via a messaging tool, or send a photograph of your wound site
- find out more information about your cardiac device and other arrhythmia procedures or issues (see 'My Conditions' section)
- see a list of your upcoming appointments (please note that future appointments via your home monitoring system will **not** show here)

For more information about My Medical Record, please visit:

[www.uhs.nhs.uk/for-patients/my-medical-record](http://www.uhs.nhs.uk/for-patients/my-medical-record)

Once you have access to My Medical Record, please contact the CRM physiologists or nurses and ask for the CRM pathway to be added to your profile. Please note that we will need your UHS hospital number or NHS number to be able to do this.

## Useful links

For additional information, please see our website [www.uhs.nhs.uk](http://www.uhs.nhs.uk) and search for 'device follow up'.

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**