

## Patient information

### Box change

Cardiac team

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#### Introduction

We hope this guide will answer your questions about your pacemaker box change. Please contact the team if you require further information via the details at the end of this leaflet.

#### What is a box change?

A pacemaker is a small device with two parts, a battery and one or more electrical leads. A pacemaker battery lasts on average 7 to 10 years. A box change is performed when the battery needs changing. The lead/s will also be checked and changed if necessary.

Your pacemaker box will be removed from its pocket under your skin. The lead/s will be unscrewed from the old box and screwed into a new box. The new box will then be placed back into the pocket under your skin and the whole device will be tested.

#### Why do I need a box change?

At your routine pacemaker check, the cardiac physiologist has noted that your pacemaker battery is coming to the end of its life and it requires a new one.

#### What happens before the procedure?

You will be invited for a pre-assessment in the 14 days before your appointment.

Some swabs will be taken and you will have a blood test, an electrocardiogram (ECG) (a simple test that can be used to check your heart's rhythm and electrical activity) will be performed and your general health will be assessed and documented. Medication advice will be given in preparation for your procedure. You will be informed of the risks of procedure.

This is also an opportunity for you to ask any questions you may have.

#### Women between the ages of 12 and 55 years

The procedure needs to be performed during the first 10 days of your menstrual cycle. If you think you may be pregnant, please tell your doctor. Please contact the team for advice.

## Preparing for your procedure

### Eating and drinking

#### If you have a morning appointment:

- You may have a light breakfast e.g. tea and toast or cereal by 6am.
- You may then only drink water until your appointment time.

#### If you have an afternoon appointment:

- You may have breakfast as usual and then a snack e.g. tea and a biscuit or sandwich before 11am. You may then only drink water until your appointment time.

## Getting to us

### Directions:

The Cath Lab is on the lower ground floor, next to the Alexandra Day Surgery Unit (ADSU). We are in the Blue Zone.

Please arrange to be dropped off and collected from the maternity drop off. You can access this from entrance B, from Hayden's Roundabout.

## When should I arrive?

Please arrive at your appointment time and not before.

If you have a morning appointment, please expect to be in the department for most of the morning. If you have an afternoon appointment, please expect to be in the department for most of the afternoon. There is preparation time before the procedure and recovery time afterwards.

## The day of the procedure

The procedure is usually carried out as a day case. Whilst you may make your own way to the hospital, you need to arrange for somebody to accompany you home and stay with you overnight.

You will be greeted by the team and taken to your bed on the day ward. There will be a short checklist to go through. You will be seen by the doctor who will examine you, check that you are happy to go ahead and ask you to sign a consent form for the procedure.

There may be some waiting before your procedure and the theatre environment can seem cold to some. It is suggested you bring something to read and a warm dressing gown or top to wear over your hospital gown.

## The procedure

A member of staff will accompany you when it is time for the procedure. The room will have a lot of specialist equipment and the staff will be wearing theatre clothing. The room will be air conditioned, which will make it feel cooler.

You will be awake for the procedure as it is carried out using local anaesthetic. Please ask the nurses if you would like sedation.

### After the procedure

You will return back to your bed where you will be monitored closely by the nursing team. Your blood pressure will be checked regularly. You will be able to eat and drink normally.

The cardiac physiologist will see you during your recovery and may provide you with a remote monitoring device, which they will show you how to use. This will allow your device to be monitored from home rather than attending the pacing clinic. You may have stitches that are dissolvable. If your stitches are not dissolvable, they will need to be removed in 7 to 10 days by a nurse at your GP surgery.

More detailed information will be given to you on the day.

### Can I drive after my procedure?

You are advised not to drive yourself home following your procedure. Please ensure you have someone to collect you and stay with you overnight.

You will be able to drive after a week.

### Can someone stay with me in hospital?

You may be accompanied by one responsible adult to your procedure.

### How soon can I return to work?

Please discuss with the team on the day, as it varies depending on your procedure.

### Contacting the team

If you have any further questions, please contact the Cath Lab on:

**Telephone:** 01279 827814 or 01279 827913

**Office hours:** Monday to Friday, 8am to 4pm

There is an answerphone available outside of these hours. Please leave a message and a member of the team will contact you.

If you would like to give feedback on your care, please contact our patient experience team on [paht.pals@nhs.net](mailto:paht.pals@nhs.net) or 01279 827211.

Please contact the communications team on [paht.communications@nhs.net](mailto:paht.communications@nhs.net) or 01279 827926 if you would like this leaflet in another language or format.