

PACEMAKER SAFETY INSTRUCTIONS



ID card

- Your child will be given a temporary identification (ID) card. You will get a plastic ID card in the mail 3 to 4 weeks after your child gets a pacemaker.

****Your child should always carry the ID card and show it to security when traveling.**

Magnets

- **Avoid** large magnets and magnetic fields from metal detectors, high-voltage areas, power generators, arc welding, and Magnetic Resonance Imaging (MRI) machines.

Metal Detectors

- **Avoid** metal detectors. Avoid walk through metal detectors, x-ray body scanners, and handheld wands.
- Some places that have metal detectors are:
 - Airports
 - Government buildings
 - Sporting events
 - Schools
- Please have the pacemaker ID card ready to show security.
- **It is SAFE to walk through anti-theft** detectors at store doorways. **Do not** stand between them for long or allow your child to play on or around them.

X-Rays and CT Scans

- It is SAFE to have an x-ray or a computerized tomography (CT) scan.

Microwaves

- It is SAFE to use a microwave.

Cell Phones

- It is SAFE to use a cell phone. Keep the cell phone **6 or more inches away from the pacemaker**. Hold the phone close to the ear farthest away from the pacemaker.

Electronics

- It is SAFE to use handheld devices such as tablets, an iPod®, wireless video games, laptop computers, and other electronics.
- Be sure to hold or play with them **6 or more inches away from the pacemaker**.

Amusement Parks/Roller Coasters

- Please ask your doctor before riding roller coasters.

Trauma/Injury

- Do not get hit, kicked, or hurt in the pacemaker area.
- **Avoid** competitive **contact** sports (football, wrestling, basketball, hockey, etc.)

Surgeries

- Please tell your pacemaker doctor if you are having any surgeries or dental procedures.

****Warning Signs for Pacemaker Failure****

- Call the pacemaker clinic and send a pacemaker report from home if your child:
 - Has hurt the pacemaker area
 - Feels dizzy, has passed out, and/or is very tired with activity
 - Has a low heart rate
 - Has hiccups that won't go away or muscle twitching near the pacemaker
- If your child is unresponsive (not awake or moving), **call 9-1-1 and START CPR!**

Questions or Problems?

If you have problems or questions about the pacemaker call:

Pacemaker Clinic:

Stacey Boyer, RN (323) 361-8248

Noelle St. Angelo, RN (323) 361-7692

***After hours, please call the hospital directly at (323) 361-2450 and have the operator call the on-call Cardiologist.

For emergencies call 911 or go to the nearest Emergency Room.

Glossary

- **Pacemaker** - A pacemaker is a small device that's placed (implanted) in the chest to help control the heartbeat. It's used to prevent the heart from beating too slowly.
- **Arc welding** - a type of welding process using an electric arc to create heat to melt and join metals.
- **Magnetic resonance Imaging (MRI)** - Magnetic resonance imaging (MRI) is a safe and painless test that uses a magnetic field and radio waves to produce detailed pictures of your child's organs and tissues.
- **CT Scan** (also called a CAT scan or a computed axial tomography scan) - A CT scan is a painless test that uses a special X-ray machine to take black-and-white pictures of a patient's lungs, heart, blood vessels, airway passages, ribs and lymph nodes. It can detect signs of inflammation, infection, injury, or disease.

Heart Institute

4650 Sunset Blvd., Los Angeles, CA 90027 | CHLA.org

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