

PATIENT DISCUSSION GUIDE:

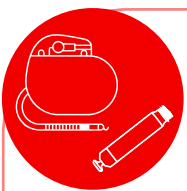
Choosing the right pacemaker

If your cardiologist says you may need a pacemaker, it is important that you both talk about what type of pacemaker is best for you. The cardiologist will look at your health history and listen to what you have to say about your symptoms and lifestyle to help you reach an informed decision.

You should give clear answers to any questions your doctor asks so they understand your needs. This will help you both come to a shared decision on the right pacemaker for you.

To get ready for your visit, you can write down your own questions. You may also like to bring a friend or family member. They can help ask questions, listen and take notes.

This guide gives you some ideas for what to ask during your appointment, and you can note down any other questions you have about the pacemaker, procedure or life afterwards.



ABOUT THE PACEMAKER

Pacemakers are small devices that assist in keeping your heartbeat steady. Pacemakers have been around for many years, but new designs are smaller, and some are now leadless.

A traditional pacemaker (known as a transvenous pacemaker) sits under the skin in the chest and uses wires (leads) to connect to the heart. A leadless pacemaker is as small as an AAA battery and is placed straight into the heart. Leadless pacemakers are new technologies and avoid some of the issues of having leads inserted into veins.

Suggested questions to ask your doctor:

- What are the different types of pacemakers, and which one is best for me?
- What are the benefits and drawbacks for different types of pacemakers?
- Can I choose what type of pacemaker I have?
- Are there any alternative treatments I could consider?
- How long does a pacemaker battery last?
- How will I know if the battery is running low?
- What can and can't I do with a pacemaker implanted?
- What potential problems might happen with a pacemaker?

ABOUT THE PROCEDURE AND RECOVERY

- How is the pacemaker put in?
- How long is the procedure?
- How should I prepare for the procedure?
- How much will it cost?
- How long will it take to recover after the procedure?
- Are there things I should not do whilst I recover?
- What are the possible side effects or complications of the procedure?
- How should I prepare for my recovery after the procedure? For example:
 - » getting home from hospital
 - » help at home needed during recovery
 - » pain management
 - » wound care
- What follow-up appointments and aftercare will I need?

LIFE WITH A PACEMAKER

- Will I be able to feel the electrical pulses from the pacemaker?
- Will the pacemaker or scars be visible after the wounds have healed?
- How and when will the battery be replaced?
- Can I travel overseas?
- Will there be any limitations or changes to my lifestyle? For example:
 - » work activities
 - » sports, exercise and physical activities
 - » future medical treatment
 - » exposure to radio frequencies and electromagnetic interference (EMI) such as the items below:
 - » travel
 - » metal detectors

Microwave ovens	Gas ovens and stoves	Industrial generators
Mobile Phones	Induction ovens	Arc welders
Blenders	Electric power tools such as drills	Magnets
Toasters	Lawn mowers	Large heaters
Electric knives, can openers	Leaf blowers	Radio transmitters
Televisions	Garage door openers and remote controls	Handheld massagers
Electric blankets, heating pads and portable space heaters	Computers	Vacuum cleaners
Electric ovens and stoves	Tablets	Washing machines
		Hair dryers and electric razors

**Please note that your healthcare team can advise about EMI exposure management and safe use of common devices*



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