
Pacemaker Instructions

- 1) No longer able to have MRI's, can have CT's and ultrasounds.
- 2) Women – need to wait 6 weeks after implant for mammograms.
- 3) Can use cell phones on opposite ear of pacemaker. Don't put in pocket directly over pacemaker.
- 4) Will receive permanent pacemaker card in mail in 1-2 weeks. Carry with you at all times.
- 5) Airport security systems – Need to show your pacemaker card. Some make you go through the security stand and others put the wand over you.
- 6) Welding is prohibited.
- 7) Able to mow your lawn – use your best judgement.
- 8) Any kind of massage, heating pads, etc. can be used, nothing directly over your pacemaker on your chest.
- 9) Microwaves, other electronic kitchen devices do not bother your pacemaker.
- 10) If at any time you feel the symptoms you were experiencing BEFORE you received your pacemaker, you can call the pacemaker nurse to check your pacemaker over the phone and make sure it is functioning properly.
- 11) You may sleep on your side or back, stomach sleeping should be avoided.

Item**Safe****Precaution****Avoid****Personal Items**

Copy machines
Cordless phones
Electric blankets
Electric razors
Fax machines
Hair dryers
Hand-held massagers
Heating pads
Pagers
Patient alert devices
Personal computers
Personal digital assistants (PDA's)
Radio-controlled clocks and watches
Tanning beds
Tattoos
Thermolysis (hair removal)

Cell phones
Power toothbrushes

Body-fat measuring scales
Electrolysis (hair removal)
Magnetic mattresses/chairs

Kitchen and Household Items

Blenders
Can openers
Clothes dryers
Convection ovens
Electric brooms
Electric knives
Electric ovens
Food Processors
Gas ovens
Microwave ovens
Pest control systems
Portable space heaters
Sewing machines
Toasters
Vacuum cleaners
Washing machines

Induction ovens

Do-it-yourself Items

Arc Welding equipment
Battery-powered, cordless power tools
Car engine repair
Chain saws
Drills

Jackhammers

Item**Safe****Precaution****Avoid****Entertainment
Items**

AM/FM radios
 CD/DVD players
 Hot tubs/Jacuzzis
 Laser tag
 Remote controls (TV,
 stereo, garage door,
 video equipment,
 cameras)
 Televisions
 VCR's
 Video games

Electric screwdrivers
 Hedge clippers
 High-power generators
 Jigsaws
 Lawn mowers
 Leaf blowers
 Running motors and
 alternators
 Small motor repair
 Snow blowers
 Soldering guns
 Bingo wands
 CB/police radio
 antennas
 Remote controls with
 antennas
 SCUBA diving
 Slot machines
 Stereo speakers

**Travel and
environment**

Amusement parks/roller
 coasters

Airport security systems
 Residential power
 generators
 High-Voltage lines
 Radio frequency
 transmitters
 Theft detection systems
 Theft tag deactivation
 Transformers
 TV or radio towers

**Medical
procedures**

CT scans
 Dental drills
 Diagnostic x-rays
 Electrocardiogram (ECG)
 Ultrasound

Electrocautery
 High-energy radiation
 TENS

Diathermy
 Magnetic resonance
 imaging (MRI)

Miscellaneous

Air purifiers
 Electric invisible fences
 House arrest devices
 Polygraphs

Magnetic fields
 (general)

Stun guns