



After Your Electrophysiology Study or Ablation Procedure

Discharge information

Date: _____

Doctor who performed your procedure: _____

Ablation procedure

Today we performed :

For your safety:

- A responsible adult must drive you home.
- A responsible adult should remain with you overnight.

For the rest of today:

- Do not drink any alcohol. Do not take any sedatives or sleep medications.
- Do not do any exercise or activity.
- Drink fluids such as water or juice.
- Eat what you would normally. If you feel sick to your stomach, eat small amounts of bland foods.

For the next 48 Hours:

- Do not drive a car.
- Do not operate heavy machinery.
- Avoid sexual activity.

For the next 7 days:

- Take showers. Do not take baths, go in swimming pools, or in hot tubs.
- Do not lift, push, or pull anything over 10 pounds (5 kilograms) such as a child, bags of groceries, or laundry basket.
- Avoid strenuous activities. You can return to your regular exercise in 1 week.

Medication changes

If you are taking oral anticoagulation (a blood thinner):

Continue to take your oral anticoagulant medication

- Eliquis®/apixaban
- Pradaxa®/dabigatran
- Xarelto®/rivaroxaban
- Lixiana® /edoxaban,
- Coumadin®/warfarin

Take your next dose: _____

- If you are on Coumadin (warfarin):
Your INR yesterday/today was: _____
- Take _____ mg of Coumadin (warfarin) starting _____ (date) and daily thereafter.

Please check your INR: _____ (date)

****Do Not Let Anyone Stop Your Blood Thinner In The Next Month Except For Life-Threatening Bleeding.**

For the next 8 weeks:

- ❑ Please contact the doctor who performed your ablation procedure if you are admitted to the hospital for any reason.
- ❑ Do not undergo an upper gastro-intestinal endoscopy procedure without speaking to the electrophysiologist.

Managing pain:

- Your throat and lips may be a bit uncomfortable if you had general anesthesia (caused by the breathing tube). You can use lozenges or salt-water gargle to relieve this.
- Over the next 1 to 2 days, you might feel burning in the chest that gets worse when lying down or with a deep breath. This can be a normal result of the procedure. It usually goes away after several days.
- Slight pain or discomfort in the groin area is normal.
- To help ease pain, you can take acetaminophen (Tylenol or generic brand) plain or extra strength every 4 to 6 hours.

Work:

- In general, patients are able to go back to work or resume full activity in 4 to 5 days.
- If your work involves heavy physical activity, you may require a longer period to recover.
- Returning to work will depend on how well you feel, speak to your doctor if you have any specific concerns.
- You may return to work in: _____ days.

Caring for your wound:

- Keep the bandage on your groin dry. Remove the bandage 24 hours after your procedure.
- Check your groin puncture site 3 to 4 times a day for signs of bleeding or swelling for the next 3 days.
- You might notice bruising, soreness and some swelling around the site in your groin. This is normal and goes away in about 2 weeks.
- If you notice bright red bleeding and/or sudden severe pain and swelling in or around your groin site:
 - Lie down on the floor
 - Have someone remove the bandage
 - If there is bleeding or swelling around the puncture site have someone apply firm pressure on the hole for 15 minutes
 - Stay on the floor for 1 hour
 - After 1 hour, you may lay on the couch or bed
- If the bleeding does not stop or if the swelling gets bigger or harder after the 15 minutes, call 9-1-1.

When to get help:

Call your heart specialist or go to the nearest hospital emergency department, (after clinic hours) if:

- You have a fever over 38°C (101.3F).
- Redness, swelling, or pus around the groin site.
- Skin around the groin site is warmer than normal to the touch.
- If the pain in the groin gets worse or lasts longer than 2 days.
- You have difficulty swallowing.

If your symptoms become worse or last longer than 24 hours call the doctor who performed your ablation or go to the nearest hospital emergency department if after clinic hours.

Follow-up plans:

See Family Physician in: _____ weeks.

If you are a patient of the Atrial Fibrillation (AF) clinic:

- Have an ECG done 1 week after your procedure
- The AF clinic nurse will contact you to discuss how you are feeling and to review your ECG 7–14 days after your procedure.
- You can contact the AF Clinic during office hours if you have any questions or concerns: 604-875-5264.

If you are not a patient of the AF Clinic

- Call your regular heart doctor (electrophysiologist, cardiologist or internist) to arrange a follow-up appointment in: _____ weeks.

If you have questions, it's good to ask:

1. Your family doctor
2. HealthLinkBC - call 8-1-1 (7-1-1 for deaf and hard of hearing) or go online at www.HealthLinkBC.ca

For more information about heart disease and arrhythmia, try these websites:

Canadian Heart Rhythm Society
www.chrsonline.ca

Heart and Stroke Foundation of Canada
www.heartandstroke.ca

American Heart Association
www.americanheart.org

Heart Rhythm Society
www.hrsonline.org

Call 9-1-1 or have someone take you to the nearest Emergency department if you have any of the following:

- Your symptoms get significantly worse.
- You feel extremely unwell.
- You are very short of breath, even when sitting still.
- You have really bad chest discomfort or pain.
- You can't stand up because of feeling lightheaded.
- You have fainted.
- You have signs of a stroke, or mini-stroke.
- You have signs of major bleeding.

LEARN THE SIGNS OF STROKE

FACE is it drooping?

ARRMS can you raise both?

SPEECH is it slurred or jumbled?

TIME to call 9-1-1 right away.

ACT **F A S T** BECAUSE THE QUICKER YOU ACT, THE MORE OF THE PERSON YOU SAVE.

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