

Date: _____ Patient: _____

After Cardioversion

Discharge Information

You have just had a procedure called a cardioversion, which means we used electrical current to restore your heart's normal rhythm. We gave you medicine for pain and to help you relax during the procedure. You might feel sleepy, slow or forgetful for the rest of the day.

For Your Safety

A responsible adult must drive you home. Someone should stay with you overnight.

For the Rest of Today

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

For the Next 24 Hours

- Do not drive a car.
- Do not operate heavy machinery.
- Do not make important decisions or sign legal documents.

Oral Anticoagulation (Blood Thinner)

Instructions

Continue to take your oral anticoagulant medication (e.g. Eliquis/apixaban, Pradaxa/dabigatran, Xarelto/rivaroxaban, Coumadin/warfarin)

DO NOT LET ANYONE STOP YOUR BLOOD THINNER IN THE NEXT MONTH EXCEPT FOR LIFE-THREATENING BLEEDING

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 on (date): _____

Medication Changes

Other Instructions

Sometimes the skin under the cardioversion pads gets red and sore. It can feel like mild sunburn. This should go away over the next few days. If needed you can soothe your skin with cool cloths, applying skin creams used for sunburn, or taking a mild pain medication such as acetaminophen (Tylenol). Contact your doctor if you notice blisters, or the soreness gets worse or does not go away.

Follow-up Plans

Have an ECG done in: _____ week(s).

- If you are a patient of the Atrial Fibrillation (AF) Clinic, follow-up is generally arranged through them. Call your AF Clinic if you have not received a follow-up appointment.
- If you are not a patient of the AF clinic, please follow-up with your cardiologist (name) _____ in: _____ week(s).

When to Get Help

Call your treating physician if:

- Your pulse or heart rate becomes irregular or fast.
- You feel lightheaded or dizzy and this is new.
- You feel more short of breath than usual.

Call 9-1-1 right way if:

- You have significant chest pain that does not go away with rest or medicine.
- You have fainted, or feel like you are going to faint.
- You have significant shortness of breath and are struggling to breath.
- You are having trouble thinking clearly or are feeling confused.
- You are having signs of a stroke (see back page).

Physician/Nurse signature: _____ Printed name: _____

LEARN THE SIGNS OF STROKE

FACE is it drooping?
ARM**S** 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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