

Medicines

Your medicines may change after your procedure. Your electrophysiologist will go over any changes with you before you leave the hospital.

If you were taking the blood thinner warfarin (Coumadin™) before your procedure:

Start taking warfarin on: _____

Medicine changes:

For your safety, we encourage you to:

- Know the names, doses and how often you take all the medicines ordered by your doctor.
- Know why you are taking all your medicines.
- Always bring a current list of your medicines and their correct bottles or containers each time you come to the hospital.
- Talk with your doctor before taking any herbal remedies or supplements. They can interact with the medicines ordered by your doctor.

When to get help

Call your family doctor if these problems come back:

- Dizziness or fainting.
- Racing heart.

It can be normal to feel extra beats after your electrophysiology procedure. It is not normal for you to feel your heart racing for a long time. Contact your family doctor if this happens.

If any of the following occurs, call your family doctor:

- Redness or swelling at the puncture site or drainage (pus) from the site
- Chills and/or a fever with a temperature higher than 38°C or 101°F.
- Any trouble breathing
- Any new swelling in your legs.

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

St. Paul's Hospital Heart Centre
www.heartcentre.ca

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

Electrophysiology (EP) Procedures: Post Discharge Care



A Patient's Guide

Dressing care, medications, activity levels, medical follow-up and other questions you may have about caring for yourself after your electrophysiology procedure.

If you have any questions about your procedure, please call your electrophysiologist's office.

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Going home

You must go home with a responsible adult, even if you are travelling by taxi. This is because you are given medicine that makes you sleep through the procedure and not feel any pain.

A responsible adult should stay with you for the first 24 hours after your procedure. (A ‘responsible adult’ is an adult family member or friend who can help you, take care of you, and watch out for you.)

If your travel home is longer than an hour, you should try and sit in a reclined position. Also make sure you get up and walk around every hour.

Care at Home

Follow the instructions given in the handout “General Anaesthetic/Conscious Sedation Discharge Guidelines”.

1. Make a follow-up appointment with your electrophysiologist, cardiologist or internist:

Appointment date: _____

2. You may return to work on:

3. You may start driving on:

4. Other:

Activity and Exercise

For the first 24 hours after the procedure:

- **Do not** drive.
- **Do not** sit upright for more than one hour at a time.

Even though you may feel ready to resume your normal activity, you should take it easy for at least 3 days.

Do not lift, push or pull anything that weighs more than 10 pounds (or 4.5 kilograms) for 5 days.

You may resume sexual activity in 24 hours, unless your doctor says otherwise.

When you return to work depends on the type of work you do.

Ask your electrophysiologist or cardiologist when you can resume driving, operating heavy equipment, or flying.

Pain Control

You may have some pain or discomfort around the puncture site (the area in the groin where the procedure was done). Acetaminophen (like Tylenol™) will help ease the discomfort.

Bathing and Wound Care

The day after your procedure:

- Remove your bandage.
- Shower. Do not take a bath until the wound in your groin is healed.

You may see a small soft lump or bruise around the puncture site. This is normal and goes away in about 2 weeks. Check the puncture site 3-4 times a day over the next 2-3 days for signs of bleeding or swelling.

Bleeding and Swelling

It is not normal if the lump suddenly gets bigger or harder. This means you are bleeding.

Although bleeding is unusual, if this happens, you should:

1. Lie down.
2. Press down hard directly over the puncture site with the first three fingers on your hand for 15 minutes. You can also have someone do it for you. You know if you are doing this right if the lump does not feel like it is getting bigger or harder.
3. Keep pressing on the puncture site for the full 15 minutes without stopping to check it.

If the bleeding or swelling has stopped after 15 minutes:

1. Stay lying down and rest for 2 hours.
2. Check the area every 15 to 30 minutes to make sure the bleeding has stopped.
3. Let your doctor know this has happened.

If the bleeding or swelling does not stop after 15 minutes:

- Stay lying down.
- Call 911. Ask for an ambulance to take you to the hospital.
- Keep pressing on the site until the ambulance personnel take over.

Do not drive yourself or have anyone else drive you to the hospital.