

John Muir Cardiac Rhythm Center

PREPARING FOR YOUR ATRIAL FIBRILLATION ABLATION PROCEDURE

Pre-Procedural Information Prepared for:

Patient Name

Procedure Date

Arrival Time

Your Day with Us

A nurse will call you one or two days before your procedure to confirm your arrival time. She will review your health history, medications, and allergies.

Do not eat or drink anything after midnight on the night before your procedure. Generally, all prescribed medications are held on the morning of the procedure.

Please report to the Admitting Department at your assigned time to complete your registration. You will be then directed to the Cardiac Catheterization/Angiography Lab where your nurse will begin the pre-procedure process.

You will be asked to change into a hospital gown and complete the "prep" which generally includes placement of an intravenous (IV) line into one arm and clipping at the groin entry sites. One to two visitors may be with you during the pre-procedure preparation when appropriate.

Electrophysiology and ablation procedures are performed under sterile conditions so antibiotics are very rarely needed before or after the procedure.

You will receive sedation during the procedure, and drowsiness may persist for several hours. After the ablation procedure, you will be observed in the recovery area for 1-2 hours, and then you will be transferred to your hospital room for an overnight stay. It will then be important to lie flat for several additional hours.

Prior to discharge, you will receive instructions regarding your care, diet and activities at home. You will then be taken by wheelchair to your waiting transportation.

General Pre-Procedure Preparation

1. Refrain from eating or drinking according to your doctor's orders.
2. Report to the hospital Admitting Department at the assigned time. Bring your Advance Directive and insurance information.
3. Please arrange a ride home the following day.
4. Complete laboratory tests, x-rays and ECG ordered by your doctor 48 hours prior to your procedure.
5. Discuss any medications you are taking with your physician. Your doctor may ask you to discontinue certain medications prior to your procedure.
6. Bring your medications and a list of your current medications with you to the hospital.
7. In consideration of other patients, one to two visitors are allowed after the initial recovery period when appropriate.
8. Wear loose, comfortable clothing and shoes. Please do not bring any jewelry, money or valuables to the hospital.
9. If you develop any health changes prior to your scheduled procedure (i.e. cold, fever, rash), please notify you doctor immediately.
10. The Cardiac Rhythm Center is a fragrance-free environment. Patients and visitors are asked to refrain from using fragrances, like perfumes or scented lotions.

Medications:

Discontinue taking:

Coumadin on _____

Discontinue taking:

Other medications

_____ on _____

_____ on _____

_____ on _____

_____ on _____

