



OKLAHOMA
HEART HOSPITAL
PROUDLY PHYSICIAN OWNED

Electrophysiology Study/Ablation

Patient and Caregiver Information

Electrophysiology Study/Ablation

Your doctor has advised you that you need an Electrophysiology Study with or without an Ablation to treat your abnormal heart rhythm (arrhythmia). This guide will help communicate what will happen before, during and after your procedure. It was written to inform you about your procedure and answer the most frequently asked questions.

What is an Electrophysiology (EP) Study?

An EP study helps your physician understand the nature of your abnormal heart rhythm (arrhythmia). Electrical signals usually travel through your heart in a regular pattern. If they do not, an irregular rhythm occurs. During the EP Study your physician will insert a small tube into a vein in your groin that leads to your heart. Through this vein they can send electrical signals that help to see where your abnormal rhythm is initiated. Your physician may choose to use Ablation therapy, which uses heat energy or cold (cryotherapy) to destroy the abnormal signals.

Preparation

You will receive a phone call reminding you of your procedure. Be sure to ask any questions when our staff calls.

What do I do before my procedure?

- You will need to fast (nothing to eat or drink) for this procedure, follow the pre-procedure instruction sheet.
- Arrange for a responsible adult to drive you home after the procedure and stay with you for the next 24 hours.
- Refer to the pre-procedure instruction sheet for arrival time and procedure time.

Medications

- It is very important to follow the pre-procedure medication instructions provided by your physician.
We will remind you of these during a pre-procedure phone call.
- Please prepare a current list of your medications to bring with you on the day of your procedure.

Day of Procedure

What do I do the day of my procedure?

- Do not apply makeup, lotions, deodorant or hair products on this day.
- Leave valuables and jewelry at home.
- When you arrive, check in at our first floor front desk.
- After registration you will be taken to a room, and a nurse will get you ready for the procedure.

During the Procedure

Will I have anesthesia?

You will likely have general anesthesia, medicine that allows you to sleep through the surgery. Under general anesthesia you are completely unconscious and unable to feel pain during medical procedures. General anesthesia usually uses a combination of intravenous drugs and inhaled gasses (anesthetics) administered by an anesthesiologist.

An anesthesiologist will monitor your body's vital functions and manage your breathing.

What to expect after anesthesia?

Most people are awake in the recovery room immediately after the procedure, but remain groggy for a few hours afterward. Your body will take up to a week to completely eliminate the medicines from your system but most people will not notice much effect after 24 hours.

You may experience **side effects** such as: nausea, vomiting, dry mouth, sore throat, shivering, sleepiness or mild hoarseness.

After the Procedure

What to expect after the procedure:

- Following the procedure, the tube in your groin will be removed and pressure will be placed on the area for 10–20 minutes. Afterwards, you will be asked to lie flat and still for a period of time determined by the physician.
- Your nurse will keep you informed, and let you know when it is safe to sit up, drink, eat, and when to expect your bedrest to end.
- You will stay for several hours or overnight, depending on the type of EP Study/Ablation performed.
- Your nurse will provide you with written discharge instructions and answer all your questions before sending you home.

If you experience:

- **Pain** - At home you may experience mild discomfort at the puncture site. This is usually managed with over the counter pain relievers.
- **Unexpected Bleeding** - Observe the puncture site for signs of bleeding. If bleeding occurs, hold pressure to the site and call 911.
- **Nausea & Vomiting** - Begin with sips of clear liquids in small amounts. Once you tolerate clear liquids, you can slowly add in other bland, low fat food choices, gradually increasing to your normal diet.
- **Signs of Infection** - Call your physician if you have fever over 101 degrees, increased redness, swelling, or heat at the incision site.

Date & Version #	Change Summary
6/15/17	Fixed typos, & words
2/16/18	Typos & wording