

## Discharge instructions and follow up information.

### Please keep in mind the following:

You may have bruising and some discomfort at the catheter insertion site.

Do not lift anything heavy or participate in vigorous activity for 5 days.

Do not drive for at least 48 hours unless your doctor tells you otherwise.

Medications should be taken as directed by your doctor. You may also use Tylenol as directed by your doctor depending on which pain reliever is best for you

Talk to your doctor if you are taking any type of blood thinner medication.

Some patients may require heart rhythm medications after ablation.

Do not take a bath or immerse your body in water for 48 hours after the procedure.

You may shower 24 hours after the procedure and at that time also remove the bandage from the catheter insertion site.

Depending on your specific arrhythmia and the results of your ablation, you may require a follow up appointment.

These appointments take place at the Hotel Dieu Hospital Heart Rhythm Clinic and your doctor will discuss this with you.

## You should seek medical advice if you experience any of the following:

If you experience shortness of breath, chest pain or severe abdominal pain.

If there is bleeding at the catheter insertion site

If you experience an increase in pain.

## For more information

**Cardiac Care at KGH**  
<http://www.kgh.on.ca/cardiac-care>

**Canadian Heart Rhythm Society**  
[www.chrsonline.ca](http://www.chrsonline.ca)

**Heart Rhythm Society**  
[www.hrsonline.org](http://www.hrsonline.org)

# Electrophysiology Study and Ablation

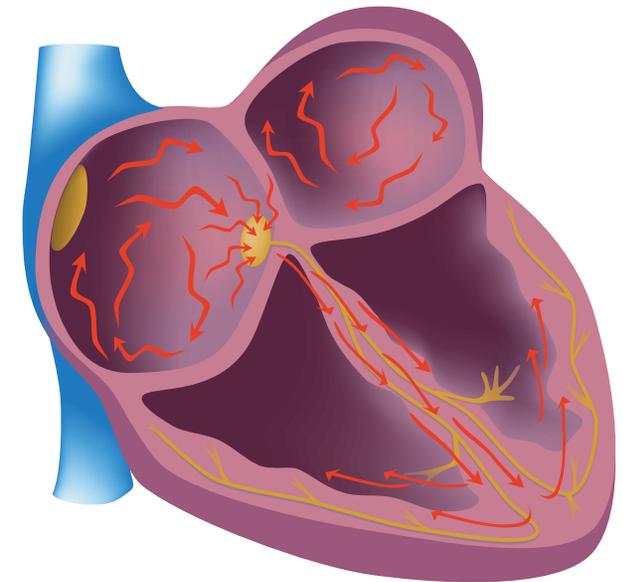
## What to expect before and after your procedure

## Contact us

**Kingston General Hospital**  
Toll free: 1-800-567-5722  
Local: 613-549-6666

**Program Co-ordinator:**  
Timothy Garrett Extension 3719

**Cardiac Services Department  
Heart Rhythm Service**  
613-548-1399



## What is an Electrophysiological (EP) study procedure?

An EP study is a test that allows a cardiologist to examine the heart's electrical system and identify anything that looks abnormal.

The electrical system of the heart is responsible for producing and sending signals to the heart muscle which allow the heart to beat effectively.

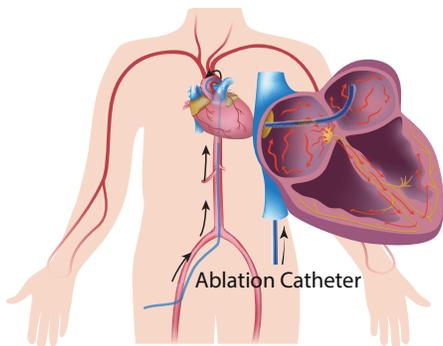
Many people have heart rhythm abnormalities which are called arrhythmias. This is often caused by abnormalities in the electrical system of the heart.

## What happens during an EP study procedure?

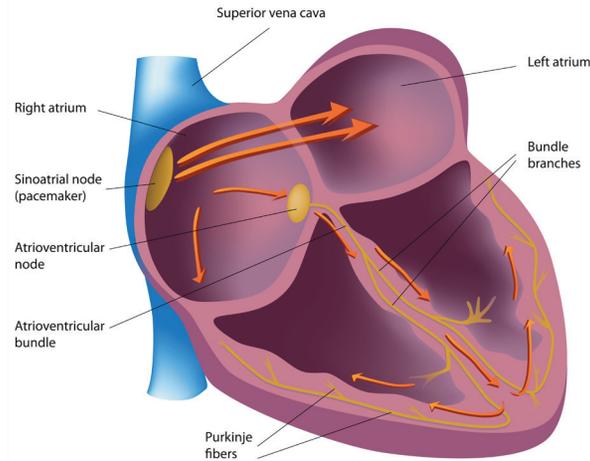
Before starting the EP study procedure, medication is given to keep you comfortable. This medication can cause some patients to drift off to sleep while others remain awake but relaxed.

Catheters are then either inserted in the groin area or near the collarbone and then moved into the heart. These catheters measure the heart's electrical signals. The cardiologist may trigger the abnormal rhythms to help find any areas of concern.

Once the procedure is finished, the results and available treatment options will be discussed with you.



## The Cardiac Conduction System



## What is Ablation?

Ablation is a treatment for abnormal heart rhythms and eliminates or removes abnormal heart tissue or extra electrical pathways that cause an abnormal heart rhythm.

Ablation is usually performed immediately after an EP study procedure is finished and uses the same catheters that are already in place.

## What happens during an Ablation?

Flexible wires are placed into the groin area or near the collarbone then are guided into place. These wires are placed in contact with the heart tissue that is causing the abnormalities.

Radiofrequency energy is then used to heat the area of your heart that is causing your arrhythmia. This heating eliminates the abnormal electrical conduction which is causing the abnormal heart rhythm.

## How long will the procedure take?

Procedure time varies in depending on the specific rhythm issue of each patient.

Some patients may remain in hospital over night as part of their treatment.

## What are the Risks?

Risks associated with an EP study procedure and ablation are low and the physician will review any risk factors with you prior to your procedure.

## What to expect after

After your procedure is complete, you will need to rest in bed to prevent bleeding from where the catheter was inserted. This recovery time varies from 2 - 4 hours.

You may be attached to a heart monitor so care providers can monitor your heart rhythm during recovery.

You will have a small bandage where the catheter was inserted. The nurses will check these bandages often.

If you need to cough or sneeze, please try to hold the bandage covering the incision.

Your doctor will talk with you about medications you may need after your procedure.