



CATHETER ABLATION

WHAT TO EXPECT FOR THEIR PROCEDURE



Curious to know more about what a typical catheter ablation procedure is like? If the patient's physician determined catheter ablation is the best treatment option for them, use this guide as a resource to better understand what to expect the day of their procedure.

BEFORE THE PROCEDURE

- After determining catheter ablation is the best treatment option for their Atrial Fibrillation (AFib) with their physician, they'll get their procedure scheduled.
- They will receive a list of instructions from their physician, which may include instruction as to what medications to continue or stop taking (like anti-arrhythmic drugs), fasting before their procedure and more.
- Their physician may also have them come in beforehand to have separate imaging procedure in order for them to see their heart's anatomy before their procedure.
- The day of their procedure, they will get checked-in at the hospital and complete any required paperwork.
- Once admitted, they'll be taken to a holding area where they will get bloodwork done to ensure all levels are healthy. Their anesthesiologist will visit with them to discuss the anesthesia they will receive.
- Once the EP lab is ready for them, they will take them into the procedure room where they'll be greeted by the nurses and lab staff.
- In most cases, they will be given sedation just prior to the start of their procedure.

DURING THE PROCEDURE

- During the procedure, the physician will access the patient's heart, record its electrical activity and analyze the signals to devise a treatment plan based on their findings. The physician will use an ablation catheter- which transmits radiofrequency (RF) energy into the heart- to block the irregular signals until a normal heart rhythm is restored.
- They may get an additional device implanted that will continuously record their heartbeat and remotely report results back to their physician to monitor procedure success.
- Have patience with procedure length. It might be longer than expected or might start later than expected.
- You will remain in the waiting room. A nurse or hospital staff member may update you on the procedure as it progresses.
- After the procedure finishes, the physician will come talk to you to let you know how it went and may give you next steps.
- Your loved one will remain in the lab for another 20-30 minutes as the anesthesia wears off and they wake up. You will be notified by a nurse or hospital staff member when you can visit with your loved one in the recovery room.

AFTER THE PROCEDURE

- They will be taken back to their room for recovery and receive a visit from their physician who will check on them and provide specific instructions to follow.
- Expect for them to stay in the hospital overnight for monitoring and safety precautions.
- Ensure you have a transportation plan after the procedure since the patient likely will not be allowed to drive.
- There may be some restriction on activities for about a week after their procedure. Follow all guidance from their physician accordingly.
- Typically, they'll have a follow-up appointment within the next few weeks. Make sure they keep all scheduled appointments after their procedure.

Always consult your doctor with questions about AFib, symptoms, or best treatment options.

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