

Catheter ablation for atrial fibrillation

What to expect for their procedure as a caregiver



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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.
- There are several different kinds of cardiac ablation. The main three are: Pulsed Field Ablation (PFA), Radio Frequency (RF), and Cryo. Ask the provider what type they plan to perform.
- 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.
- Ask their physician or their office staff to complete the section below for your post procedure instructions.
- 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 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.

Physician email and number:

Email: _____

Phone number: _____



The first week following your loved one's ablation procedure ensure that they weigh themselves every day. If they gain pounds or more during the first week after their ablation or if they are swollen or short of breath, call their physician's office immediately.



Check their blood pressure once a day after they have been sitting in a chair for 5 minutes and they have taken their medications per their physician's instructions. If their blood pressure is high, or if it is too low call their physician's office.



If their heart rate is over ____ bpm or under ____ bpm and they have symptoms from the low heart rate (dizzy, lightheaded, weakness, fatigue) call their physician's office.

It is possible to check their EKG through compatible wearable technology such as the Apple Watch and integrate the data to the AFibLife™ APP. If a watch or other home EKG device shows Afib, in conclusive, unclassified or high heart rate please send tracing to your physician's office via: _____



Blood pressure chart

	Systolic / top number	Diastolic/bottom number
Normal		
Elevated		
High		
Low		

Ask their nurse or physician to complete the following information on their behalf for post procedure care.

Remember that your loved one may go in and out of Afib after an ablation for up to 90 days. If they are not going back into rhythm on their own you should notify your physician by day ____ of continuous Afib.

If they complain of chest pain when you breathe in, chest pain when laying down, or if their chest is tight and they feel like they can't take a deep breath in, contact the physician's office immediately.

Blood thinners

Ensure they start taking their medications as directed by their physician.

Notes:

Download the smartphone app built
for AFib patients today!



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

For more resources,
visit www.afanswers.com

These materials are not intended to replace your doctor's advice or information. For any questions or concerns you may have regarding the medical procedures, devices and/or your personal health, please discuss these with your physician.

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