

Preparation Instructions for Electrophysiology Study/Ablation Procedures

Please follow these instructions prior to your procedure:

- **Do not eat or drink anything for 8 hours** prior to your hospital arrival time, except for a sip of water with your medications.
- If you are on a **blood thinner** such as Coumadin, Warfarin, Xarelto, Savaysa or Eliquis, please **hold this medication for the length time instructed by your doctor or doctor's scheduler.**
- **Diabetic Patients:**
 - **Metformin** needs to be **discontinued** within 24 hours prior to your procedure.
 - Make sure you are **not on any other drugs that include Metformin**, such as, Avandamet, Fortamet, Glucophage, Glucovance and Glumetza.
 - **Insulin:** take only 1/2 of your usual dose the day of your procedure and the hospital staff will regulate any other dosing of Insulin that you may need.
- Please inform your staff at the hospital if you are allergic to contrast dye.
- You will need a driver to take you home after the procedure. Please plan accordingly. Please note: you cannot drive for 24 hours after your procedure.
- Please call the office to reschedule if you develop a fever or infection within three days of your procedure.

If you do not arrive at the treating facility for your procedure at your designated check in time, your procedure may be subject to delay or cancellation.

After the procedure: You may have had an implantable loop recorder placed as part of your procedure. The Cath/EP Lab at the hospital may provide you with a temporary device ID card that has a description of your loop recorder including the brand, the type, and the serial number. If so, please bring this card to your follow-up appointment so that our office can scan the card into your chart in the event that the card is misplaced. You will receive a permanent one in the mail up to 4 weeks following the implant.

Electrophysiology Study/Ablation discharge instructions

Follow these instructions AFTER you go home from the hospital:

Activity

- Groin incision
 - Limit your activities for the next week (no lifting more than 10 pounds, avoid repetitive bending, lifting, twisting or straining)
 - Minimize stair climbing for 48 hours

Care of Procedure/Incision Site

- **If bleeding occurs, apply manual pressure to the site and call physician or emergency department immediately.**
- Slight tenderness, soreness are normal for up to 7 days after the procedure. If these symptoms persist, are felt to be severe in nature, or any other problems occur, notify your physician immediately. Bruising in your lower extremity is normal that may track down below your knee.
- You may **SHOWER** after 24 hours. Wash gently, pat dry. Keep area as dry as possible.
- No tub bathing, soaking in the tub, swimming pools or hot tubs for 2 weeks.
- Avoid lotions or powders at procedure/incision site for at least 1 week.
- Remove the outer dressing the day after your procedure. This may have been removed by the hospital provider or nursing staff. Keep the site clean, dry.
- You do not need to put a dressing over the procedure/incision site.

Diet

- Follow your usual diet unless otherwise instructed.

Medications

- Please refer to the attached Medication Reconciliation Form for your complete list of home medications to continue. This will be given upon discharge.
- **Please note:** If you are **diabetic** and taking Metformin (or medication containing Metformin), **do not take your Metformin for 24 hours after the procedure.**

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- You may take non-prescription pain medication that you normally use for minor discomfort such as Tylenol or acetaminophen.

Potential Complications

- If you experience profuse bleeding from the procedure/incision site or notice a large lump under the skin at the procedure/incision site (this could mean you're bleeding under the skin), apply direct, firm pressure to the site and proceed to the nearest Emergency Room. **If you are unable to control the bleeding with direct, firm pressure, CALL 911.**
- You should be able to urinate once within the first 8 hours after your procedure. If your bladder feels full and you're unable to urinate, go to the nearest Emergency Room.

Call your physician if any of the following occur

- Fever greater than 100 degrees F taken by mouth at least 20 minutes after eating or drinking
- Pain that is not relieved by over-the-counter pain medications you normally use
- A dressing that is soaked through with blood
- If the procedure/incision site becomes warm to the touch, red, inflamed or you notice thick drainage from the site
- Difficulty urinating/emptying your bladder completely

Follow-up Care

- Please call the doctor's office at 480-747-6532 for a follow-up appointment or if you have any questions or concerns. After office hours you can reach your physician through his/her answering service. **If you need immediate attention, call 911 or proceed to the nearest Emergency Room.**