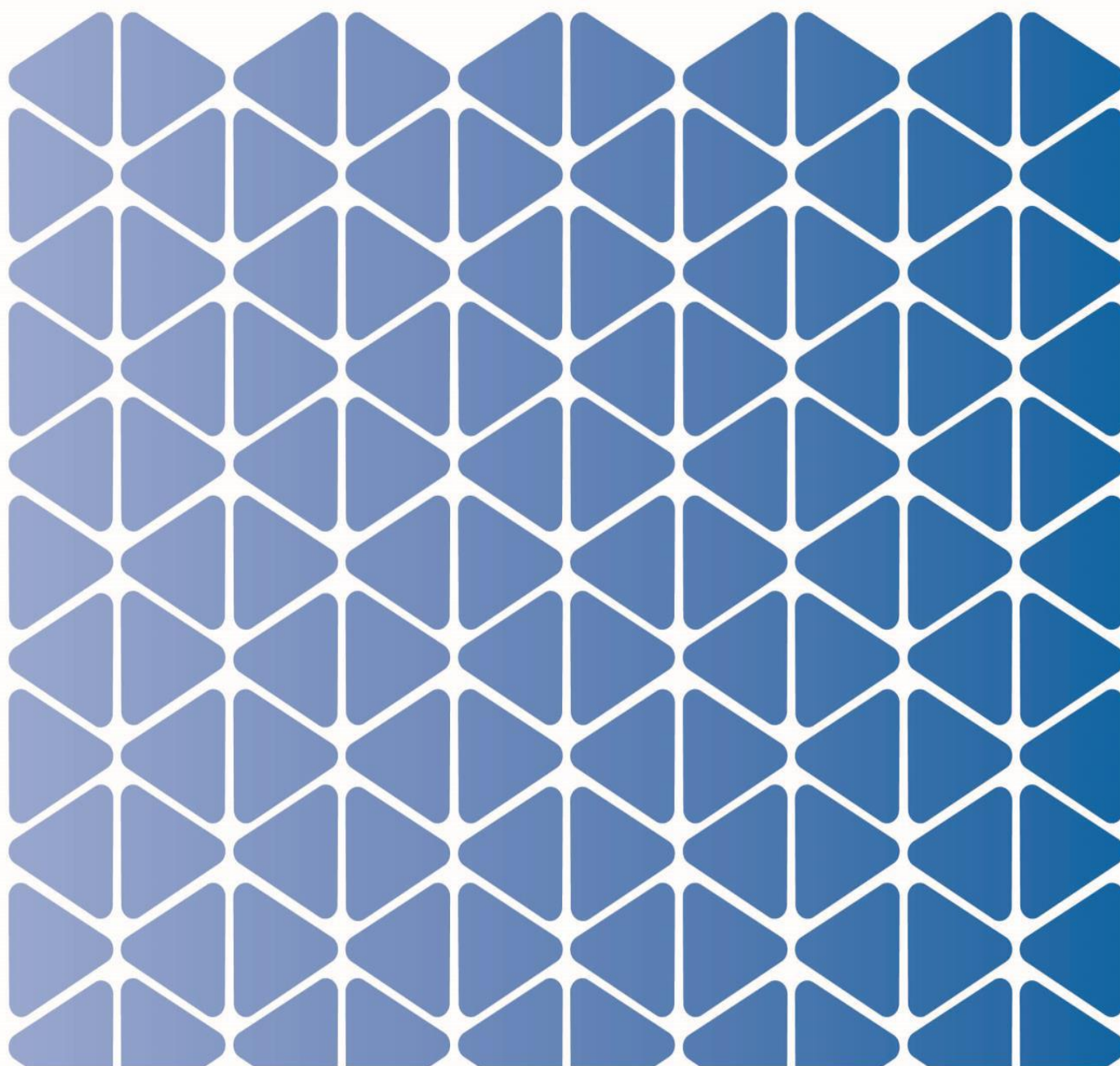


PATIENT INFORMATION**DISCHARGE ADVICE:
ELECTROPHYSIOLOGICAL STUDIES AND
CATHETER ABLATION**

After your electrophysiology study and/or catheter ablation you will recover from your procedure in the Cardiac Catheter Lab Recovery Area for between 3-5 hours. We will closely monitor you during this time, give you a copy of the Doctor's report about your procedure and answer any questions you may have.

Heart rhythm after ablation:

It is very common to be 'aware of your heart beat' or experience what may feel like 'extra beats' or mild palpitations for some time after your procedure.

It is also very common for there to be an aching feeling in the chest too post procedure. You will receive a follow-up appointment in clinic to see the Doctor a few months after your procedure. You do not need to do anything for this follow-up and will receive all the necessary information from the secretaries nearer the time.

Care of the groin site:

After the procedure you will have some small punctures to the top of your right leg (and sometimes the left leg too). This is where catheters and electrical wires have been passed up to the heart.

- A small disc called a 'STAT SEAL' may have been placed on top of the punctures and covered with a clear dressing. Keep this clean and dry for 24 hours. After 24 hours you can remove the dressing and the disc. There will be some brown residue left from the STAT SEAL - wash as normal, **do not scrub the site**. A small scab will be left; this will fall off naturally over time.
- It is very common to experience discomfort and bruising in the groin.
- You can take pain relief; we mainly suggest paracetamol.
- If you experience noticeable swelling or bleeding from the wound site, please contact the Cardiac Catheter Lab between 7am-8pm.
- If excessive bleeding should occur, apply direct pressure to the groin and call an ambulance via 999.

Medication after Ablation:

- You should receive clear information before leaving the hospital including a copy of your procedure report.
- You will also receive clear information regarding your current medication and if you require any new medications. We will be able to sort these new medications for you before you are discharged from the unit.
- Please do not stop any medications unless specifically instructed to, especially if you are on 'blood-thinners'.

Returning to Normal exercise:

Most people recover quickly and return to their normal activities and level of exercise within a day or two. After 48 hours, exercise and go about daily activities as you feel able.

Driving:

- **DVLA does not permit driving for two days after an ablation**, but we advise no driving for **one week**, to allow time for your groin to heal and your heart rhythm to settle down.
- HGV/PSV (Group 2) license holders are **not permitted to drive for 2 weeks** after a successful ablation. If your arrhythmia has caused incapacity, then driving must be stopped for **6 weeks**.

Work:

We recommend at least one week off work to recover, but if you have a manual job, it may be necessary to take additional time off. If you need a sick note, please see your GP.

Flying:

You can fly four weeks after your procedure. Should you need to fly before this, seek advice from your Consultant or Arrhythmia Specialist Nurses.

If you have any concerns or are at all worried about any aspects of your recovery at home, you can contact us at Cath Lab, your GP or 111. **If you are concerned there is a life-threatening situation, please call 999 and explain to operators who can best advise you.**

Useful Telephone Numbers:

Cardiac Catheter Lab:

Monday – Saturday

7:00am – 8:00pm

01905 733205

Arrhythmia Specialist Nurses:

Monday – Friday

9:00am – 5:00pm

01905 760868

Medical Secretaries:

Monday – Friday

9:00am – 4:00pm

Dr Ammar's Secretary – 01905 760217

Dr Foster's Secretary – 01905 733560

Dr Shaikh's Secretary – 01905 733843

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.