



Preoperative Instructions for Ablation

Procedure: _____ **Date:** _____ **Check-in Time:** _____

Intended Discharge Plan: You may have a same day discharge or next day discharge. Please be aware this may change at the time of your procedure. If the procedure is delayed or if there is a complication, you may stay.

Hospital: _____ **Address:** _____

Check-In Location: Hospital Main Floor Entrance – Admissions

Plan Ahead:

- Same day discharges will not likely leave the hospital until late afternoon or early evening.
- For 24 hours, you must have someone stay with you and you cannot drive.
- Plan for someone to drive you home from the hospital. Ride services (Taxi, Uber, Lyft) are not allowed.

The Day Before Your Procedure:

- Please have nothing to eat or drink after midnight the night before the procedure, including gum and candy.
- You may take your prescription medications the morning of the procedure unless instructed otherwise by our office.

Medication Specifics:

- Last pre-procedure dose of your blood thinner _____ will be on date: _____ in the am/pm.
- Do not take your Jardiance, Farxiga for 3 days before procedure.
- Do not take your water pill _____ the morning of your procedure.
- Do not take any vitamins or minerals the morning of your procedure.

Diabetic patients ONLY

- Do not take your usual oral diabetic medications the morning of the procedure.
- Take 1/2 of your insulin the morning of the procedure.

Bring to the Hospital:

- Bring an accurate list of your medications including the medication name, pill strength, dose you take, and times of the day you take it
- Bring your CPAP or BiPAP, if applicable
- Bring any inhalers you will need

What symptoms are expected after my ablation?

- You may experience mild chest discomfort that worsens with deep breaths or lying flat. This should gradually improve.
- You may have occasional palpitations that last seconds or minutes related to inflammation.
- It is normal to have some groin site soreness, a small lump under the skin, and bruising that can even extend down the leg.

What are my activity restrictions after ablation?

- Groin Site Restrictions: no lifting more than 10 lbs, straining during bowel movements, excessive bending over, stooping, walking long distances, running, or climbing many flights of stairs for 1 week.
- *SVT/AVN/PVC/VT/Typical Flutter*: Groin site restrictions (above) during 1st week, then no restrictions thereafter.
- *A-fib/Cardioneural/SVT with transeptal puncture*: In addition to groin site restrictions during the first week, be a “couch potato” for the first few days. 1 week after ablation, you may begin to ease back into your daily routine (without exercise). Continue to avoid heavy lifting for 2 weeks. weeks post-procedure, you may slowly ramp-up your exercise intensity over the following 2 weeks. No strenuous exercise or scuba diving for 1 month. No activity restrictions 1-month post-procedure.

When can I return to work?

- *SVT/AVN/PVC/VT/Typical Flutter*: Return to sedentary job in a few days. Wait 1 week to return if work involves heavy physical exertion.
- *A-fib/Cardioneural/SVT with transeptal puncture*: Return to sedentary job in 1 week. Wait 2 weeks to return if work involves heavy physical exertion.

When can I travel?

- *PVC/A-fib*: local patients should avoid travel for 2 weeks post-procedurally.
- *All other ablation types*: local patients should avoid travel for 1 week post-procedurally.

When should I follow-up?

- *A-fib/Cardioneural/SVT with transeptal puncture or any ablation by Dr. Alyesh*: 1 week visit with EP RN
- *All Ablations*: 1 month visit in Arrhythmia Clinic. Subsequent MD visit timing is procedure-specific.

When can I have other procedures, dental cleanings, or surgeries?

- *A-fib/PVC*: none for 3 months (sometimes PVC ablations only need to wait 1 month)
- *All other ablation types*: none for 1 month