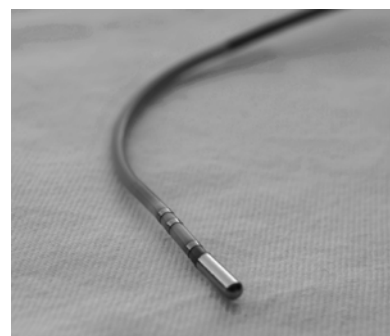


# ELECTROPHYSIOLOGICAL STUDY (EPS) AND ABLATION

## | OUTPATIENTS

An electrophysiological study (EPS) is a procedure that consists in determining the type of arrhythmia (irregular heartbeat) you have in order to propose appropriate treatment, which may be medication, catheter ablation of the origin of the arrhythmia, or the implantation of a pacemaker or cardiac defibrillator.

This nonsurgical intervention consists in passing special catheters (thin, flexible tubes) through the groin up to the heart. These catheters record the electrical current (the heart's electrical activity) and detect arrhythmias. Depending on the course of the intervention and the type of arrhythmia detected, cardiologists often perform ablation. Ablation consists in stopping the arrhythmia by destroying the electrical cells causing it. This is done using a radiofrequency ablation catheter (the area is burned with heat) or cryotherapy (the area is burned with cold). The doctor determines which technique to use.



Ablation catheter

These interventions are painless since the tissue through which the catheter is inserted is numb during the procedure (local anesthesia). You will not be asleep during these procedures, which last an hour or two and are performed in hemodynamics at Fleurimont Hospital.

### ADMISSION

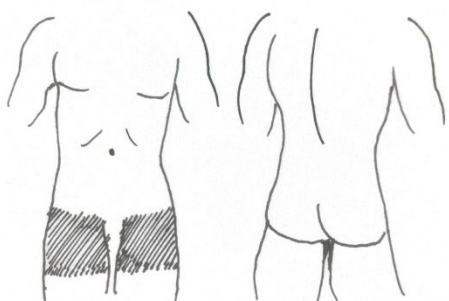
The Fleurimont Hospital's hemodynamics department will contact you the day before your procedure to tell you where to come and when.

#### Time and date of admission:

\* If you must cancel or postpone your admission (cold, flu, fever, infection), please contact the hemodynamics department as rapidly as possible at 819-346-1110, extension 14550.

### THE DAY OR THE MORNING BEFORE THE INTERVENTION

Shave the pubic area and groin, as shown in the image. Please shave with an electric razor to avoid damaging the skin, which could lead to infection. Wash the shaved area with mild soap afterwards.



### ITEMS TO BRING WITH YOU

- Health-insurance card.
- Hospital card (plum or white colored).
- Slippers.
- Toiletries (toothpaste, toothbrush, soap, denture dish, contact lenses and your CIPAP machine).
- Up-to-date list of medications.

### THE DAY OF THE INTERVENTION

- You must refrain from eating anything after midnight but you can drink liquids (pulp-free, fat-free, dairy-free) up to an hour before you arrive at the hospital.

- Take your usual medication except for:

- You may also have blood draws.
- Two venous lines will be installed for the intervention.
- A urinary catheter may be installed in some cases.
- You must remove hairpins, dentures, hearing aids, eyeglasses or contact lenses, underwear, and all jewelry.
- Give your jewelry, valuables, credit cards, and money to a family member to prevent loss and theft.

### THE INTERVENTION

The procedure is performed by a cardiologist/electrophysiologist with the assistance of a radiology technologist and nurse.

If an arrhythmia occurs during the intervention, you may feel your usual symptoms, but the doctor will be able to quickly reestablish your heart rhythm.

## YOUR HOSPITAL STAY

- You will be hospitalized for 6 to 48 hours depending on the intervention and its outcome.
- You may eat once you get back to the unit.
- You must lie in bed for 4 to 24 hours, as directed by the doctor, and keep your leg immobilized to prevent any bleeding in the groin.
- The nursing staff will regularly take your vital signs and monitor your groin.

## HOSPITAL DISCHARGE

Depending on the intervention and its outcome, you will be discharged from the hospital in 6 to 48 hours you'll be able to go home in a car as a passenger. The person escorting you should carry your bags. If you have far to travel, stop frequently so that you can stretch your leg.

## RECOMMENDATIONS

### Wound care

Remove the dressing from your groin 48 hours after the intervention and leave your wound open to the air. Bruising in the groin area is normal.

### Hygiene

Do not take a bath or swim (pool, spa, lake, ocean, etc.) for 7 days.  
You may shower 48 hours after the intervention.

### Medication

Take the prescribed medication as directed by the doctor.

### Pain management

You can take acetaminophen (Tylenol®) if you experience discomfort at the intervention site or a burning sensation in the chest.

## SYMPTOMS TO WATCH FOR

See your doctor if you have the following symptoms:

- Worsening pain that isn't relieved by acetaminophen (Tylenol®).
- Bleeding or swelling in the groin.
- Fever (38.5°C or 101°F) and chills.



Contact your family doctor.



Call Info-santé at 8-1-1.



Go to the nearest hospital emergency department.

### Cough and sneezing

For the first 7 days after your intervention, apply pressure over the intervention site to prevent bleeding.

### Physical exertion

Do not lift anything heavy (children, grocery bags, etc.) for 7 days.  
Avoid exertion and strenuous physical exercise for 7 days.

### Return to work

Your doctor will tell you when you may return to work.

### Motor vehicles

You may resume driving according to your doctor's recommendations.

The Société de l'assurance automobile du Québec (SAAQ) often requires a medical evaluation before you may drive again.

Insurance companies have specific instructions related to driving after a procedure. For more information, contact your company.