



Arrhythmia Ablation and EP Studies

Procedure: Cardiac ablation is a procedure that can correct heart rhythm problems (arrhythmias). Ablation typically uses catheters – long, flexible tubes inserted through a vein or artery in your groin and threaded to your heart – to correct electrical problems in your heart that cause an arrhythmia. Cardiac ablation works by scarring or destroying tissue in your heart that triggers an abnormal heart rhythm. In some cases, ablation prevents abnormal electrical signals from traveling through your heart and thus stops the arrhythmia. Cardiac ablation is mainly done trans vascular, by using catheters, making the procedure less invasive and thus shortening recovery time.

Before The Test:

- A lab order will be given to your prior to the procedure so that the required lab work needed by the hospital can be done.
- Please do not eat or drink after midnight prior to the procedure
- If on Coumadin or Pradaxa, instructions will be given to you by the nurse as to when to stop that medication prior to the procedure.
- While in the Heart Care Institute, you will sign a consent form after your doctor has explained the procedure and risks associated with the procedure.

Day Of The Test: Catheter ablation is performed in the hospital. Before your procedure begins, an IV line will be inserted in your forearm or hand, and you will be given a sedative to help you relax. After your sedative takes effect, your doctor will numb a small area near a vein on your groin. A needle will be inserted in the vein, and a tube called a sheath will be placed through the needle. The catheter that will be used to perform your ablation will be threaded to your heart through the sheath. A special dye that shows up on X-ray images will be injected through the catheter to help your doctor see the part of your heart that needs to be treated.

The catheter has special electrodes at the tips that will be used during the procedure. Once your doctor finds the area of abnormal tissue that's causing your arrhythmia, he will aim the catheter tips at that area. Energy will travel through the catheter tips to create a scar or destroy the tissue that triggers your arrhythmia.

Immediately After The Test: Following your procedure, you'll be moved to a recovery area where you'll need to lie still for four to six hours to prevent bleeding at your catheter site. Your heartbeat and blood pressure will be monitored continuously to check for complications of the procedure.

Depending on your condition, you may be able to go home the same day as your procedure, or you may need to stay in the hospital for one to three days. If you go home the same day, plan to have someone else drive you home after your procedure.

You may feel a little sore after your procedure, but the soreness shouldn't last more than a week. Most people are able to return to their normal activities within a few days of having an ablation.

If you have any questions or concerns before the test, please feel free to call our staff at **951.369.3525**