

Dean & St. Mary's Cardiac Center

Thank you for choosing St. Mary's for your health care. Our goal is to make your stay as pleasant and comfortable as possible. Valet parking is available at our main entrance on Brooks Street. This service is available from 5 a.m. to 10 p.m. daily. The valet attendant will park your vehicle and retrieve it when you are ready to leave.

CARDIOVERSION

Be at the Hospital Patient Registration Desk, A Level, on:

(day/date)

(time)

Call 608-258-6856 If:

- You cannot make it to your procedure on time.
- You have questions or concerns about the procedure.

What is it?

Cardioversion is when a machine called a defibrillator (d-FIB-rih-lat-tur) gives a short electric shock to the heart. This shock is given at a certain time during the heartbeat to help your heartbeat return to normal.

Why do you need a Cardioversion?

Cardioversion may be needed if you have a cardiac arrhythmia (uh-RITH-me-uh). Arrhythmias are when the heart does not have a normal beat. Cardioversion can help stop the arrhythmia long enough to let the heart's normal pacemaker cells take over. Then the heartbeat can return to normal.

Before your Test:

- ♥ Arrange to have someone drive you to and from the hospital.
- ♥ Come prepared to tell us of any preferences you have in your care, including: food, family visitation, and prayer.
- ♥ Take your medications as directed.
 - ♥ You will be given medication to thin your blood.
 - ♥ You may be given heart medicine to help make the heart sensitive to the electrical charge.

- ♥ You may need to have blood drawn for tests.

The Day Before your Test:

- ♥ You will receive a call the day before with the time of arrival and instructions.
- ♥ Do not eat or drink anything 4 hours prior to your admission time.

Day of your Test:

- ♥ Do not take any medication **including** vitamins, herbals, **and/or** food supplements the day of your procedure.
- ♥ Bring all your medications including any over- the- counter medications, herbs, etc., that you are presently taking, in their original bottle with you. This will help the nurse to update your records accurately.
- ♥ Bring your insurance cards, your Advanced Directives, Durable Power of Attorney for Health Care, and/or Living Will, if you have one completed.
- ♥ Leave all valuables at home including rings, watches and money.
- ♥ After you have been registered, you will be sent to the Surgery & Procedure Center.

Preparing for your Test:

- ♥ You will change into a hospital gown.
- ♥ A nurse will interview you and place an intravenous (IV) line in your arm.
- ♥ You will sign a consent form for the procedure.

During your Test:

- ♥ You will not feel pain because you will be given medication (sedation). This medication will also make you sleepy.
- ♥ You will be given oxygen.
- ♥ Pads will be placed on your chest and back. Once you are asleep, a very brief electric shock is given through the pads. Because of the medication (sedation), you won't feel or remember the shock.

After Your Test:

- ♥ Your heartbeat is watched to make sure the normal rhythm has been restored.
- ♥ You'll be monitored until you are fully awake. You will then be able to sit up, walk, and eat.

- ♥ In most cases, you'll be able to go home after the medication wears off. This usually takes a few hours.
- ♥ For a day, the skin on your chest may feel a little sore, like a mild sunburn.
- ♥ Your doctor or nurse will provide your family with an update on your condition. Please have your family notify the nurse if they will not be in the waiting area or in your room.
- ♥ You will receive complete instructions from your nurse.

Additional Discharge instructions:

- ♥ Due to the sedation you received:
 - ♥ Do not make any major or legal decisions and do not sign any legal documents for the next 24 hours.
 - ♥ We strongly suggest that another adult stay overnight with you for your comfort and safety.
 - ♥ Do not drive or operate hazardous machinery for the next 24 hours.
 - ♥ Do not have any alcohol or take any over-the-counter medications containing alcohol for 24 hours.
- ♥ Relax for the remainder of the day.

Call the Dean Clinic, 608-252-8000, if you have any concerns. This line is open 24 hours a day.

TOBACCO FREE CAMPUS

For your health, we are a tobacco-free facility and campus. Thank you for not smoking or using tobacco products on hospital grounds.

Other resources available to you at: www.stmarysmadison.com/cardiac

Then Click on the "Patient Instructions".