

# 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.

## Catheter Ablation for Atrial Fibrillation

**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?

A catheter ablation is a procedure to fix atrial fibrillation. Long, thin pacing wires (catheters) are guided to your heart through a vein in your groin. The area causing your problem is identified and treated.

### Why do you need an ablation?

You may need this procedure:

- ♥ To stop any symptoms like dizziness, fainting, or chest pounding that are caused by your heart rhythm.
- ♥ To stop your atrial fibrillation and return your heart to a normal rhythm.
- ♥ To free you of the need to take medication for atrial fibrillation.

### Before your procedure:

- ♥ Arrange to have someone drive you to and from the hospital. The procedure, from admission through recovery, may take about twelve hours.
- ♥ You **will be required to** have a CAT scan of your chest done at the hospital a few days before your procedure. You will be contacted with an appointment time.
- ♥ Your doctor will give you specific instructions about taking Coumadin (Warfarin) before your procedure.

- ♥ Come prepared to tell us of any preferences you have in your care, including: food, family visitation, and prayer.

### **The day before your procedure:**

- ♥ You will receive a call after 2 PM the day before, with the time of arrival and instructions.
- ♥ Do not eat or drink anything after midnight.

### **Day of your procedure:**

- ♥ Do not take any medication **including:** vitamins, insulin for diabetes, herbals, **and/or** food supplements the day of your procedure unless told differently by your physician.
- ♥ Bring all your medications including any over-the-counter medications, inhalers, herbs, etc., that you are presently taking, in their **original** container with you. This will help update your records.
- ♥ Bring your Bipap/Cpap machine if you have one
- ♥ Bring your insurance cards, your Advanced Directives, Durable Power of Attorney for Health Care, and/or Living Will, if you have one completed.

**Note: St. Mary's offers a free public seminar every Monday at 12:30 p.m. to learn about and fill out an Advanced Directives form. No registration is necessary, check at the Information Desk for the room location.**

- ♥ Leave all valuables at home including rings, watches and money.
- ♥ After you register, you will be sent to the Surgical Procedure Center.

### **Preparing for your procedure:**

- ♥ You will change into a hospital gown.
- ♥ A nurse will interview you and place an intravenous (IV) line in your arm.
- ♥ Blood tests and an Electrocardiogram (EKG) will be done.
- ♥ If you are in atrial fibrillation a TEE ([hyperlink TEE to "what is it"](#)) will also be done. If you have any problems with swallowing let your healthcare team know.
- ♥ Your doctor, an anesthesiologist, and healthcare team will review the procedure with you. This will be a good time to ask questions and share any concerns that you may have.
- ♥ You will sign consent forms.

- ♥ You may be given medication before the procedure that will help you relax and make you sleepy.
- ♥ You will be away from your room at least eight hours. Please remember it is common for times to vary. Your family and belongings will be taken to your new room. We will ask your family to notify the nurse if they leave the area while you are gone.

**During your procedure:**

- ♥ Upon arrival to the Electrophysiology Lab (EP Lab), you will be moved from a stretcher to a table. You will lie flat on your back.
- ♥ You will hear beeps, see TV screens and an x-ray camera nearby which show information about your heart.
- ♥ You will receive general anesthesia and be totally asleep. You will not remember anything about your procedure.
- ♥ Any hair is clipped in the area where the catheters will be inserted.
- ♥ The area where the catheters will be placed is scrubbed with a special skin cleanser.
- ♥ You will be covered with a large sterile drape from chin to toes.
- ♥ The catheters will be inserted through a vein in your groin and guided to your heart. Your doctor will make measurements and control your heart rate from these catheters. The information will help determine the area of your rhythm problem.
- ♥ Your doctor will treat the necessary areas to prevent your atrial fibrillation from returning.
- ♥ After the procedure is over, the catheters will be removed and pressure held on the vein in your groin to prevent bleeding.
- ♥ A sterile dressing will be applied.

**After your procedure:**

- ♥ You will be taken to the Post Anesthesia Recovery Room (PACU) until fully awake.
- ♥ You will be taken to the Cardiovascular Intermediate Care Unit to stay over night.
- ♥ Your family and belongings will be waiting in your new room.
- ♥ You will remain on bed rest until instructed by your nurse.
- ♥ Your heart doctor will talk to you and your family later in the day about your procedure.

**Discharge instructions:**

- ♥ Relax for the remainder of the day.
- ♥ You will receive written discharge instructions from your nurse.

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](http://www.stmarysmadison.com/cardiac).

Then Click on “Patient Instructions”.