

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.

Electrophysiology Study

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?

An electrophysiology study (EP Study) is a procedure to look for heart rhythm problems. Long, thin, flexible pacing wires (catheters) are guided to your heart through a vein in your groin. The catheters measure your heart's electrical activity. Depending on the results, further procedures may be needed such as an ablation or device implant.

Why do you need an EP study?

You may need this procedure:

- ♥ To determine if any symptoms like dizziness, fainting, or chest pounding are caused by your heart.
- ♥ To detect any abnormal heart beats.
- ♥ To see if your heart treatments are working, such as medications or heart devices.

Before your procedure:

- ♥ Arrange to have someone drive you to and from the hospital. The procedure, from admission through recovery, may take about six hours.
- ♥ If you take Coumadin (Warfarin), stop taking this medication three **days** before your procedure (unless told differently).
- ♥ 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 the evening before your procedure.

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.
- ♥ Your doctor 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 a consent form for the procedure.
- ♥ 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 1 ½ to 2 hours. Please remember it is common for times to vary. 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.
- ♥ Any hair is clipped in the area where the catheters will be inserted.
- ♥ Additional IV medication may be given to help you relax. You may feel sleepy afterwards.
- ♥ 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.
- ♥ Your doctor will numb the area where the catheters will be inserted. This may sting for a short time.
- ♥ This procedure is not painful, but you may feel some pressure. Let your EP team know if you have any pain or discomfort.
- ♥ 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. This information will help diagnose any problems.
- ♥ 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 return to your room and remain on strict bedrest for 4 hours. During this time you will be able to eat, drink, and watch TV.
- ♥ Your heart doctor will talk to you and your family later in the day about your procedure.
- ♥ You will receive complete instructions from your nurse.
- ♥ You should be able to go home the same day unless your doctor tells you differently.

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 “Patient Instructions”.