



# information

## Electrophysiology study and ablation

### *Discharge instructions*

*If you have questions that are not answered by these instructions, please call your nurse or doctor.*

You have had a procedure (EP study) to help your doctor look at your heart's electrical function and learn more about any abnormal heart rhythms (arrhythmias) you might have. You might also have had an "ablation." This is when an abnormal electrical pathway in the heart is treated so that it can no longer cause problems with heart rhythm.

After this test, the symptoms you were having, such as dizziness, lightheadedness, fainting, or palpitations, should go away. Please follow these instructions carefully as you recover from this procedure.

#### **Medications**

- Please follow your doctor's instructions about your medications. If there is anything you don't understand, please ask.

#### **Your activity**

- Do not lift anything that weighs more than 20 pounds or do anything that causes you to hold your breath or bear down with your stomach muscles, such as rowing or weight lifting, for one week.
- You may take off the Band-Aids and shower tomorrow.
- You should not take a tub bath or swim until the puncture site is healed. This usually takes about a week.
- **After one week** you may resume a walking exercise program. You may also resume sexual activity.

#### **Call your doctor if...**

Please call your doctor right away if you have:

- Pain, swelling, redness, or pain at the puncture sites
- Palpitations, lightheadedness, or fainting
- Swelling, redness, bleeding, or drainage at the puncture site in your leg

- A fever of 101 or higher

### **Follow-up Care**

You should make an appointment to see your own doctor within 2 weeks after you go home.