



information

## Outpatient cardioversion *Pre-procedure information*

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

You have been scheduled for a cardioversion at the Beth Israel Deaconess Medical Center. Your cardioversion is scheduled for:

\_\_\_\_\_ (date) at \_\_\_\_\_ (time)

On the day of your procedure, please use the Farr entrance at 185 Pilgrim Road on the medical center's west campus. Once you are in the Farr lobby, take a left at the gift shop and follow signs for the Baker elevators. Take the **Baker elevators to the 4<sup>th</sup> floor** and check in at the reception area to the left of the elevators.

Public parking is available at the Pilgrim Road garage at the corner of Pilgrim Road and Longwood Avenue (the entrance is on Crossover Street). Please **bring your parking ticket with you**. You can have your ticket validated for a reduced rate.

**Please note:** You **must** have a responsible adult take you home after your cardioversion. You will **not** be allowed to drive home. If you have not arranged for a ride home, your procedure will be canceled.

### **What is a cardioversion?**

A cardioversion is a procedure to regulate the heart beat. An electrical impulse is delivered to the chest to "reset" fast or irregular electrical signals in the heart.

### **What do I need to know before my cardioversion?**

- If you are taking a blood thinner, such as warfarin (Coumadin), you may need extra blood tests in the weeks before your procedure. Please talk to your doctor about whether this applies to you.
- Let your doctor know if you get any of the following before the procedure: fever, cold, cough, flu.
- Do not smoke or drink alcohol for 24 hours before the procedure.
- You **must not eat or drink anything** after midnight the night before your procedure. Small sips of water with medication are okay.
- On the day of your procedure, you should take your usual medications with a small sip of water unless your doctor has told you otherwise. If you take insulin or another

medicine for diabetes, please talk to your doctor about how to adjust this medicine on the night before and/or the morning of your procedure, when you will not be eating.

### **What do I need to bring to the hospital?**

- Bring a list of your medications with you, with doses. Include prescription medicines, non-prescription medicines, vitamins, herbs, and supplement.
- Please leave jewelry and valuables at home.

### **What will happen after I arrive?**

- You will be escorted to a procedure room and asked to change into a hospital gown.
- You will have an IV (intravenous) started and may have some blood drawn.
- You will be asked to go to the bathroom to urinate before the procedure.

### **What can I expect during and after the cardioversion?**

- You will be connected to a monitor during the procedure. Your heart rhythm and blood pressure will be watched at all times.
- You will be given a sedative through the IV. The sedative will put you to sleep for a very brief period. This is so you will not feel the electrical impulse.
- You will wake up right away after the cardioversion. Your EKG will be checked.
- You will move to a recovery area on the same unit.
- A nurse will check your blood pressure and heart rhythm frequently.
- You may have something to eat and drink when you like.

### **What will I need to know before I go home?**

- Your nurse will go over all of your discharge information with you before you go home.
- You may be started on a new medication to keep your heart rhythm normal. Follow the instructions about the medication carefully.
- You will be told when to see your doctor again.

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