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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Ashford, Middlesex
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Tel: **01784 884488**

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Chertsey, Surrey
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Website: www.ashfordstpeters.nhs.uk

DAY CASE CARDIOVERSION

Coronary Care Unit



Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.

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SUMMARY

We hope that this information has helped prepare you for your cardioversion. If you have any further questions or concerns please do not hesitate to contact us.

ABOUT THIS BOOKLET

This information has been put together by Cardiology Specialist Nurses and the Surrey Heart and Stroke Network. It is based upon a leaflet developed by St. George's Hospital NHS Trust.

If you wish to make a formal complaint, please write to:

The Chief Executive
Ashford & St. Peter's Hospitals NHS Foundation Trust
Guildford Road
Chertsey, Surrey
KT16 0PZ

Day Case Cardioversion

INTRODUCTION

This information booklet has been created to enable us to answer any questions that you may have prior to and after cardioversion. It is very important that you read all the information, as it relates to your pre-admission preparation, as well as the care and treatment that you will receive in hospital.

If you have any questions please contact **the Sisters on Coronary Care Unit (CCU)** or speak to staff looking after you on the day.

We are here to help.

WHY AM I HAVING THE PROCEDURE?

During your recent appointment with the hospital consultant, it was discussed with you that you might benefit from cardioversion therapy for your heart rhythm disturbance – atrial fibrillation *or* atrial flutter.

WHAT IS ATRIAL FIBRILLATION OR ATRIAL FLUTTER?

Atrial fibrillation and atrial flutter are conditions which disturb the normal electrical conduction of the heart, which may cause an irregular heartbeat. You may be aware of a 'thumping' in your chest, or your heart beating erratically and accompanied by a feeling of tiredness. This is because your heart is having insufficient time for its normal function.

TREATMENT FOR ATRIAL FIBRILLATION AND ATRIAL FLUTTER

The treatment for these rhythm disturbances is drug therapy and/or cardioversion. Your consultant may have prescribed drugs to try to regulate your heart rate and also the anti-coagulant drug 'Warfarin' that thins the blood.

In some instances, drug therapy is sufficient to return your heart to normal, but some patients benefit from cardioversion.

WHAT IS CARIOVERSION?

Cardioversion is a procedure that aims to shock the heart into a normal rhythm. Sticky pads will be placed on the front and back of your chest. You will then have short acting anaesthetic. The electric shock will be delivered through the sticky pads once you are asleep.

DOES CARIOVERSION ALWAYS WORK?

Cardioversion is not always successful. However, your consultant feels that this is an appropriate treatment for you. If you would like to discuss our success rates, please call CCU using the numbers: **01932 723804** or **01932 723551**.

IS THERE ANY ALTERNATIVE TREATMENT FOR CARIOVERSION?

If you would like information on any alternative treatments, please discuss these with your doctor.

Following the procedure

It is advisable to rest for the remainder of the day. Due to the effects of the anaesthetic drugs, please refrain from drinking alcohol, driving and operating heavy machinery for 24 hours following the procedure. You should eat and drink as normal. We strongly recommend that you are escorted home and someone stays with you overnight. It is requested that they collect you from the **Day Surgery Unit**. For female patients please contact **01784 884609** and for male patients please contact **01784 884189**

An outpatient appointment will be made for you and sent to you in the post after discharge. A letter will also be sent to your GP.

Unless otherwise instructed, following your cardioversion, you will need to continue taking **all** of your medication, **including Warfarin**, until your outpatient appointment.

GENERAL INFORMATION

Cash and valuables

Please do not bring large amounts of cash or valuable items with you. Whilst we make every effort to look after your belongings, the hospital cannot be held responsible for any losses.

Car parking

Parking is available within the hospital for which an hourly rate is charged. Please call if you would like to know the current charges.

Occasionally the procedure cannot go ahead as planned.

This may be because:

- Your heart rhythm has returned to normal so cardioversion is no longer necessary.
- Your blood pressure is too high, increasing the chance of problems with the anaesthetic. If this occurs your medication may need adjustment, and another date will be arranged for you.

If, however, the procedure can go ahead, it will be fully explained by one of our Specialist Nurses and the details of your consent form outlined. Please discuss any questions you may have with any of the staff in attendance.

An Anaesthetist will also see you prior to the procedure. You will then have a small needle inserted into the back of your hand. This is for the administration of a short acting anaesthetic drug and sedative. A nurse will remain with you throughout the procedure in the cardioversion room.

You will be asleep for approximately 5 minutes during the cardioversion and will be drowsy for a short time on return to the ward.

Once awake, you will be offered tea and sandwiches. You will be monitored to evaluate your heart rhythm and blood pressure. Before you go home an ECG will be recorded to confirm your heart rhythm.

ARE THERE ANY RISKS INVOLVED IN THIS TREATMENT?

There are risks with any procedure; these will be discussed with you prior to your procedure before you sign your consent form.

WHAT ARE THE POTENTIAL BENEFITS OF THIS TREATMENT?

Restoration of the heart to a normal sinus rhythm.

PREPARATION FOR CARIOVERSION

Four weeks before

If your blood is too thick at the time of the procedure it could possibly cause complication afterwards. To prevent this, Warfarin treatment is required for at least six weeks prior to the procedure.

You may already be on Warfarin for an existing heart condition or your doctor may have recently started you on it in preparation for the cardioversion. It is very important that you follow the instructions given to you, that you take the correct dose, and have frequent and regular blood tests. The blood test is called an INR. This is a scale used to measure the clotting of the blood. Please inform anti-coagulant clinic if you are due for cardioversion.

Prior to cardioversion it is essential that your Warfarin treatment is well controlled and that your INR is above 2.0 for at least four consecutive and complete weeks before the procedure.

In order for us to monitor your treatment, please could you start having your INR checked once a week, in the four week period leading up to your cardioversion, and show this letter to whoever takes your blood. Please continue with your weekly blood tests until your cardioversion.

Sometimes the next appointment in your yellow book or yellow form may be more than one week away. If this happens please organise for your blood to be tested **each week** regardless.

Continue to take any other medication as you usually would.

The day before admission: Pre-assessment visit

You will be required to attend for pre-assessment. This will take approximately 20-30 minutes. During this time you will have a recording of your heart (ECG), bloods taken and a review of your medication. Please bring a list of your current medication and your previous INR readings if you have them.

If you have diabetes, please inform the nurse at your pre-assessment. You will be given specific instructions regarding fasting and therapy – particularly insulin.

On the day of admission

Do not have anything to eat or drink from 6am on the day of admission. Please take all your usual medications between 06:00 and 06:30 hours with a few sips of water.

Please do not take Digoxin. You will be advised regarding your diabetic medication or insulin at your pre-assessment visit. If you are unsure of your medication, please ring CCU.

Please come to the Day Surgery Unit at Ashford Hospital which is on the ground floor.

You may bring a friend or relative to accompany you, but it is not recommended that they stay for the duration of your procedure. You will be met by one of the Cardiology Specialist Nurses who will show you to your bed area, where you will have your blood pressure checked.

We aim to perform the procedure at approximately 09:30 hours, and you should be ready for discharge home by lunchtime.