



Cardioversion Instructions (Pre and Post Procedure)

Cardioversion This procedure involves the use of an electric shock to the heart that is synchronized with the natural electrical activity of the ventricle, or lower chamber of the heart to restore the heart's rhythm to normal

Before the Procedure: Your doctor usually asks you continue with your anticoagulation, or blood thinner medication . Because the atria (upper chambers) are shaking and not beating properly, there is risk that you may develop clots in that part of the heart. Dr. Florin will often perform a TEE (trans-esophageal echocardiogram) to ensure that this is not a clot prior to the cardioversion. In the absence of a TEE, you will need to wait 4 weeks on blood thinners before the cardioversion.

Generally, you will continue taking all medications until the time of the procedure. You will be asked not to have any food or drink (including water) after midnight (12am) the night before the procedure. You may be allowed to take all your medications on the morning of your procedure, but you will be asked to take them with only a very small sip of water .

During the Procedure: You will be in a procedure room . Your doctor will discuss the risks of the procedure, answer your questions and then ask you to sign a consent form . You will change into a hospital gown . Nurses will have an intravenous catheter (IV) in your arm so that you can receive medication through your vein. Electrodes placed on your chest and connected them with machines that monitor your heart rate. You will receive medication that will make you being numb through the IV. Electrical patches will be placed on your chest and/or back. A member of the anesthesia team will put you into a deep sleep before the cardioversion . Electrical energy will be passed through the large patches on your chest to put your heart back into normal rhythm. This usually takes only a few seconds . You will not feel it because you are asleep. The patches help prevent your skin from being too irritated by the electric current .

After the Procedure : Once your heart has been converted back to a normal rhythm, you will be awakened from anesthesia. You will be observed during your recovery which usually takes a few hours. After this, most patients are ready to go home . You will need someone to drive you home from the hospital, because of the anesthesia. You may be tired for a day or two later, but you can return to normal activities quite quickly .

Patients sometimes find that the skin underneath the patches becomes red and irritated . This is like a sunburn and usually fades without treatment.