Discharge Instructions for Electrophysiology Study
And/or Radiofrequency Ablation

Please read the Electrophysiology (EP) and Catheter Ablation booklet that you have been given. If you have any questions following discharge, you may call the Electrophysiology (EP) Office at (315) 464-5973 and ask to speak with one of the nurses. After 5pm, the physician on call may be reached by calling (315) 464-9335

Activity:
- Do not drive for 24 hours after the procedure
- Do not mow the lawn or shovel snow for 3 days.
- Do not ride a bike, walk on the treadmill, dance, or participate in strenuous activity that will put strain on the access site(s) for 3 days
- Do not lift more than 20 pounds for 3 days

Access (puncture) site
- Remove bandage(s) from all sites the next day.
- Observe the sites for any bleeding, drainage or bruising. A small amount of dried blood or a small bruise under the dressing is normal.
- If necessary, a band aid may be applied to the sites until healed. Make sure to change it daily until no longer needed.

Bathing:
- You may shower the day after your procedure. Remove any bandages at the access site(s) and gently wash with mild soap and warm water. **Do not rub the puncture sites.**
- Do not take a tub bath, use a hot tub or swim for 4 days

Diet:
- After the procedure, follow with a light diet for the day. You will have been given sedation and pain medication which could cause nausea and vomiting.
- If you have nausea or vomiting switch to sips of clear liquids. Once you can tolerate the clear liquids then you can try food again.

Call your physician if you experience any of the following:
- If you notice any redness, swelling, pain or drainage at the puncture site(s).
- Fever over 101 degrees F or 38.5 degrees C and/or chills with the fever you may have an infection and will need to be treated right away.
- Loss of feeling or sensation in the area below the site(s)
• Bleeding at the sites(s). If you notice bleeding, lie down and put firm pressure with at least 2 fingers on the site for 20 minutes. If you or a family member cannot control the bleeding, call 911 for emergency medical treatment.

Medications:
• Take all medications as prescribed. If there are any questions or concerns with your discharge medications, please call the EP office.

Follow-up appointment:
• Before you are discharged, you will be given an appointment for a wound check. It is very important that you keep this appointment. All appointments are at 90 Presidential Plaza UHCC, 5th floor Cardiology Clinic. The phone number is (315) 464-9335.
• Please schedule an appointment with your primary medical physician and your cardiologist (if not procedural physician) for a follow-up after your procedure.

Please ask if you have any questions or concerns.

Cardiology/Electrophysiology Clinic at UHCC
(315) 464-9335
Electrophysiology Secretary
(315) 464-5973