

Oxford Heart Centre
**Discharge advice after
electrophysiological studies (EPS)
and catheter ablation (excluding
AF ablation)**

Information for patients



This booklet contains important advice about what you can expect when you are discharged from hospital after your cardiac procedure; whether you have had electrophysiological studies or catheter ablation. It contains information about what to do when you get home.

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1. Discharge summary

The procedure you had was:

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Your consultant at the John Radcliffe Hospital is:

.....

Follow-up

You will be sent an outpatient appointment for the following clinic:

.....

(This appointment will be sent in the post. If you do not receive a date for an appointment within **six weeks**, please call the John Radcliffe Hospital and ask to speak to the secretary of your Consultant. Follow up appointments are currently planned approximately **four months** after your procedure.)

Transport to your outpatient appointments

If you have difficulty getting to your outpatient appointments your GP surgery may have the phone numbers of voluntary transport schemes which operate at subsidised rates. A directory of these services is available at www.oxonrcc.org.uk for residents of the Oxfordshire area.

2. What to do when you get home

To help minimise any risk of bleeding or other complications with your wounds, we advise that you have a quiet evening resting after your procedure. The next morning you can shower or have a bath as normal.

Wound care

(Your nurse will tick the box(es) which apply to you.)

Femoral vein (groin).

Femoral artery (groin) the doctor used a special stitch called an 'angioseal' and you will be given an information card to carry with you, explaining the stitch. You will need to carry this card with you for 90 days until the stitch has dissolved.

Subclavian vein.

1. The plaster or bandage can be removed the day after your procedure and does not need to be replaced.
2. Avoid any lifting or strenuous activity for one week as this increases the pressure in the groin area, making it more likely that the wound will bleed (see below).
3. It is rare for serious complications to occur after these procedures. The most common problem is bruising around the wound, which may be uncomfortable for a few days. If the wound becomes swollen or very red and more painful, please contact your GP immediately as your wound may need further attention.

Bleeding

It is rare to have severe bleeding from the wound once you are at home. If bleeding does occur you must:

1. lie flat
2. ask the person looking after you to apply pressure to the insertion site for 10 minutes

3. if bleeding doesn't stop, ask someone to call 999.

Though bleeding is rare, if you are a day patient you will need to have a responsible adult to stay with you overnight on the day of your procedure.

Sedation

As you will have been given either sedatives or a general anaesthetic, we advise you not to drink alcohol for 24 hours after the procedure. You should also avoid making any legal decisions or signing any documents for at least 24 hours.

After the catheter ablation

It is quite common to be aware of extra heart beats and occasional palpitations over the first few weeks after a catheter ablation. This is not unusual and should settle down.

If you experience a recurrence of your symptoms, please consult your GP. If the attack is continuous and doesn't go away or is severe please consult your GP or go to the Emergency Department of your local hospital. If you have an electrocardiograph (ECG) recorded, please ask for a copy and arrange for it to be faxed to the Arrhythmia Nurses.

Fax: **01865 220 290**

Driving

There are Driver and Vehicle Licensing Agency (DVLA) driving restrictions after some procedures.

(Your nurse will tick the section which is relevant to you.)

- After an electrophysiological study – please do not drive for 24 hours.
- After a catheter ablation – we advise that you do not drive for one week. However, the DVLA allow driving two days following the procedure.
- If you have an HGV licence, the DVLA state that you must not drive an HGV or lorry for six weeks after the ablation procedure.

Return to work

You may return to work on

3. Medication

Changes in your medication are either listed below or we will give you an information sheet explaining your medication. Your nurse will go through this list with you.

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4. How to contact us

If you have any questions or concerns about your procedure, please contact the ward you were a patient on and the nurses will do their best to help.

Ward:

Telephone: 01865

Please be ready to give the following details:

- your name
- date of birth
- your NHS or Hospital number
- when you were admitted
- the procedure you had
- the name of your Consultant.

This will help us to access your records more quickly and to liaise with your medical team, should this be necessary.

After 9pm and at weekends please contact the Cardiology Ward on: 01865 572 676.

You can also contact the Arrhythmia Nurses:

Tel: **01865 228 994**

Angela Griffiths

or email angie.griffiths@ouh.nhs.uk

Mike Sturgess

or email mike.sturgess@ouh.nhs.uk

Amy Basson

or email amy.basson@ouh.nhs.uk

Booklet completed by:

Date:

5. Further information

If you have access to the internet you may find the following websites useful:

www.arrythmiaalliance.org.uk

Our hospital website has information on all our cardiac services. www.ouh.nhs.uk

NOTES

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This booklet has been produced through the collaboration of doctors, nurses and patients. We welcome your feedback.

If you have any comments about the content of this booklet please put them in writing to:

Practice Development Nurse
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John Radcliffe Hospital, Oxford OX3 9DU

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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Oxford University Hospitals NHS Trust
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www.ouh.nhs.uk/information

