

## Patient information

# The Cardioversion Pathway

### The Pre-Assessment Clinic

It will be necessary for you to attend a brief Pre-Assessment Clinic just before your treatment date. Here you will meet the health professional who will perform your treatment and will include:

- Talking about the procedure. This will ensure that you fully understand all issues and the consent form.
- A brief history of your current health.
- An ECG (electrocardiogram) will be taken. This will be used to confirm that your heart is still in an abnormal rhythm. To help us with ECG recording please wear loose clothing if possible. Front fastening tops are an advantage, please do not wear tights.
- A blood sample will be taken. This will ensure your blood levels are safe.

### Preparing for the treatment

- **Do not** smoke for two days before your admission.
- Please have **nothing to eat or drink from 1200 midnight before your admission.**
- On the morning of your admission take all your usual morning medication, **except Digoxin** if prescribed, with a small amount of water.
- Make-up and varnish must be removed before your admission.
- You may bring a dressing gown and slippers, but these are optional and are not necessary.

- **Do not** bring large sums of money or jewellery with you, as we are unable to accept any responsibility for loss or damage to your property.
- **You must** arrange for a responsible adult to accompany you home and to stay with you for 24 hours following your cardioversion. You should not drive yourself home or use public transport.
- Please bring in a book or magazine with you as you may have a wait during your stay with us.

## What will happen in Day Surgery?

- When you arrive you will meet your cardioversion nurse who will prepare you for cardioversion and anaesthesia. You will also meet an anaesthetist and his/her assistant.
- When it is your turn you will be taken to the theatre.
- The cardioversion will be performed when you are completely anaesthetised.
- You wake in the recovery area and will then be taken to the day surgery ward.
- After about one hour, most patients are ready to enjoy a cup of tea before going home.
- Arrangements will be made for any follow-up treatment you may require.

If you have any queries or are unable to attend, please ring the Cardiac Care Unit on 01284 713332.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the hospital website [www.wsh.nhs.uk](http://www.wsh.nhs.uk) and click on the link, or visit the disabledgo website:*

<http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>