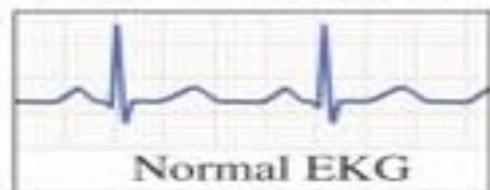
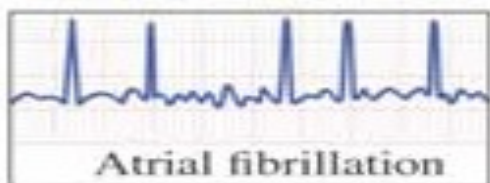


## What is Cardioversion?

Cardioversion is a procedure used to convert irregular heart rhythms to a normal pattern. It is done by delivering an electrical shock to your heart under controlled conditions. Common rhythms that require cardioversion include atrial fibrillation and atrial flutter.

Some abnormal heart rhythms can place you at a higher risk of developing a blood clot in the heart. To prevent movement of clots around the body patients should be anticoagulated, usually with Warfarin or Coumarin occasionally with other agents such as Dabigatran or Rivaroxiban. For patients taking Warfarin, Cardiologists usually recommend an INR range of 2.0-3.0 for 4 weeks prior to cardioversion and to continue 4 weeks after procedure until you see your cardiologist



## Cardiac Catheterisation Laboratory Western Hospital Gordon Street Footscary, VIC 3011

Day Procedure Unit  
(enter through Admissions)  
1<sup>st</sup> Floor, North Block  
Opening hours: 7am-8pm

Coronary Care Unit  
2<sup>nd</sup> Floor, North Block  
Visiting hours: 10am-2pm & 4pm-8pm

### CONTACT US

For all enquiries, please contact our Booking  
Clerk on 83456056

**WESTERN HEALTH**  
Sunshine Hospital  
176 Furlong Rd, St Albans VIC 3021  
Phone: (03) 8345 1333  
Fax: (03) 8345 1019  
<http://www.wh.org.au>

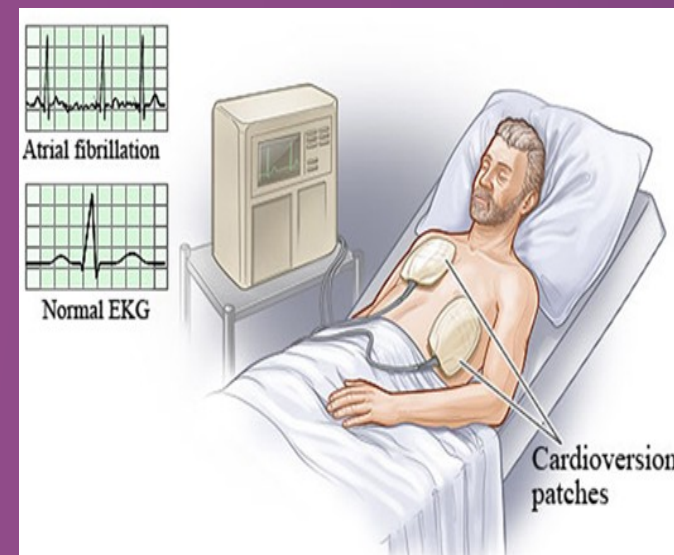
*This information leaflet contains important information to help you recover safely at home. This information is intended to support not replace a discussion with your doctor or health care professionals. Western Health accepts no liability for any information that may be perceived as misleading and directs you to your health professional.*



Western Health

Together, caring for the west

## Cardiac Catheterisation Laboratory



### Cardioversion Patient Information



Western Health

## Pre-Admission Clinic

An assessment will be done at the clinic to gather some baseline information about you for your procedure to be performed safely.

You are welcome to have someone with you at this clinic, especially if English is your second language.

Please bring your medications and **a record of your INR result for the last month** (if you are on Warfarin) to your Pre-Admission Clinic appointment.

- An ECG will be taken
- A nurse will check your height and weight, blood pressure, take a blood test and tell you about the procedure
- A doctor will examine you, explain the risks of the procedure and complete your consent form
- You will also be told which medication to stop and when

**DO NOT ATTEND PREADMISSION CLINIC IF YOUR INR IS BELOW 2** (if you are on Warfarin)

**Please contact Cardiology Booking clerk on 83456056 for further instruction.**

## On the day

- **Bring all your medications in with you**
- You must take your medications as instructed at the Pre-admission Clinic
- Wear comfortable clothes as you will be discharged home on the same day from the Day Procedure Unit

- Please leave all valuables at home and remove any nail polish
- You may wear your dentures and/or minimal jewellery
- Present to Admissions on the 1<sup>st</sup> floor, North Block, at your appointed time

## During the Cardioversion

You will be taken to a room where you will have your heart rate, blood pressure and oxygen level monitored throughout the procedure.

A light anaesthetic will be given and you will be asleep during the procedure. An electric current will be delivered via two gel pads on your chest to revert your heart to a regular rhythm. The cardioversion itself takes only a few seconds. Usually you will be awake 5 to 10 minutes after the cardioversion.

When you awaken from the anaesthetic you may have an oxygen mask on to help you breathe. You may feel sleepy for a short time due to the anaesthetic. A nurse will monitor your vital signs.

When awake you will return to the Day Procedure Unit and remain there for approximately 3 hours before being discharged home.

## Transoesophageal Echocardiogram

Sometimes, a Transoesophageal Echocardiogram (ultrasound test on the heart) is required to be performed immediately before Cardioversion, to rule out the presence of blood clot in the heart.

Sedative will be given to help you relax. The ultrasound probe is gently passed through the mouth and oesophagus down to the stomach. Once the probe is in position, a series of pictures will be taken. The probe will be removed at the end of test. You may feel a temporary soreness or numbness in your throat after the test.

## Post Cardioversion

You will be discharged with follow up with your cardiologist. You may resume normal activities the following day.

Please continue on your current medications (including Wafarin) until you see your cardiologist in the next month. Please ensure you have an appointment before being discharged.

**You will need to arrange for someone to drive you home as you will be unable to drive for 24 hours after the procedure due to the residue effects of the anaesthesia.**

**Please ensure you have someone to stay with you overnight after the procedure.**

**Please contact your cardiologist or local doctor if you have an enquiry that is not urgent.**

**If you feel unwell, dizzy or develop chest pain, numbness or tingling after your procedure, please call 000 for an ambulance.**