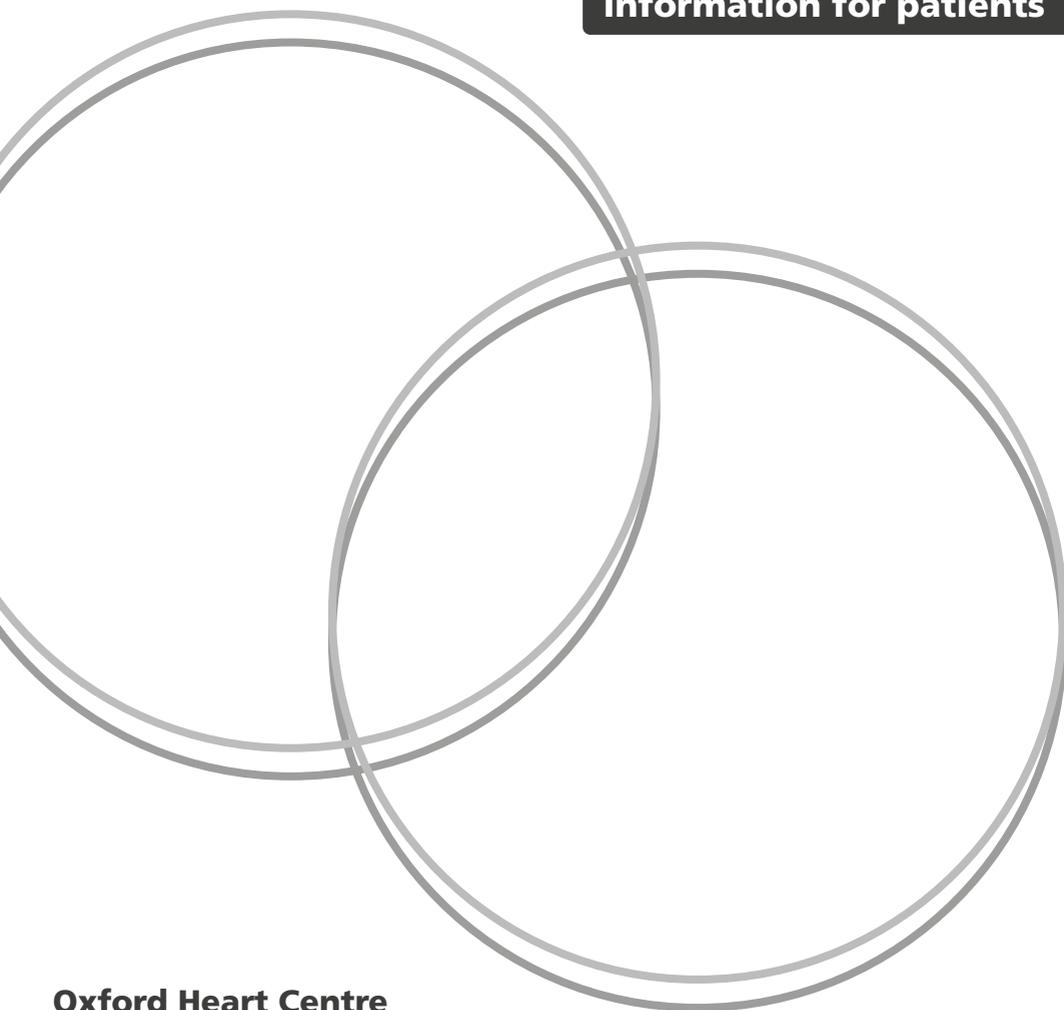


# Discharge advice after electrophysiological studies (EPS) and catheter ablation (excluding AF ablation)

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:

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## **Follow-up**

You will be sent an outpatient appointment for either the John Radcliffe Hospital or your local hospital. You can expect this within approximately 3-6 months time (please note this wait time may differ if at your local hospital).

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(This appointment will be sent in the post. If you do not receive an appointment date within 8 weeks, please call the John Radcliffe Hospital and ask to speak to the secretary of your Consultant.

## **Transport to your outpatient appointments**

If you have difficulty getting to your outpatient appointments your General Practitioner (GP) surgery may have the phone numbers of voluntary transport schemes which operate at [www.oxfordshire.gov.uk](http://www.oxfordshire.gov.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

Catheters were inserted via your femoral vein during your procedure.

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 or NHS 111 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 any episodes of the fast heart rhythm problem that you had before the procedure, you should report this to your GP. Please also let the Arrhythmia Nurses know. If the attack is continuous and doesn't go away or is severe, you should report this to your GP or go to the Emergency Department of your local hospital. If you have an electrocardiograph (ECG) recorded, please arrange for a copy to be forwarded to your Consultants secretary or the Arrhythmia Nurses.

## **Driving**

There are Driver and Vehicle Licensing Agency (DVLA) driving restrictions after some procedures. When you return to driving you must be able to comfortably perform an emergency stop.

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

- After an electrophysiological study or catheter ablation we advise that you do not drive for one week. However, the DVLA allows 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.
- If you have an Implantable Cardioverter Defibrillator (ICD), Cardiac Resynchronisation Therapy Defibrillator (CRTD) or have experienced episodes of loss of consciousness, please seek individual advice before discharge.

## Return to work

You may return to work on .....

## 3. Medication

You can stop taking the following medication:

Please continue taking all other medications as prescribed, unless you are advised differently. Any changes in your medication will be listed below. Your nurse will go through this with you.

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## 4. How to contact us

If you have any questions or concerns about your procedure **within 48 hours of your discharge**, please contact the ward you were a patient on.

Ward: .....

Telephone: **01865** .....

If you are calling after 9.00pm, please telephone the Cardiology ward.

Tel: **01865 572 676** (24 hours)

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 if needed.

For non-urgent queries you can contact the **Arrhythmia Nurses**.  
*Please note* it can take several days for them to respond:

Tel: **01865 228 994**

**(Voicemail Monday to Friday, 8.00am to 6.00pm, excluding bank holidays).**

## **5. Further information**

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

Arrhythmia Alliance: **[www.heartrhythmalliance.org](http://www.heartrhythmalliance.org)**

Helpline: **01789 867 501**

Our hospital website has information on all our cardiac services:  
**[www.ouh.nhs.uk](http://www.ouh.nhs.uk)**

### **NOTES**

You might find it useful to write down any questions you have here:

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## Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Cardiac Directorate  
January 2026  
Review: January 2029  
Oxford University Hospitals NHS Foundation Trust  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)



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