

Oxford Heart Centre

# Discharge advice after your Cardioversion Procedure

Information for patients



This booklet contains important advice about your discharge from hospital after your cardioversion procedure. It contains information about what to do when you get home. Please read it carefully.

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## Discharge summary

The procedure you have had today was an electrical cardioversion to restore your heart to a normal (sinus) rhythm.

Your procedure has been:

successful

unsuccessful

Your heart rhythm on discharge is:

.....

Your Consultant is:

.....

After your discharge from hospital we will send a summary of your hospital stay to your GP or the Consultant who referred you, explaining your outcome and planned treatment.

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### ***(Nurse to complete following Doctor's review)***

If your cardioversion was unsuccessful, we will give you a new date for another cardioversion in ..... weeks.

Date of next cardioversion: .....

You will receive confirmation of this by post.

You will need additional medication: .....

Please contact your GP and ask them to arrange a prescription when they receive your discharge summary.

## **Follow-up**

- You will be sent an outpatient follow-up appointment for approximately 3-4 months time in the:

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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 your local hospital and ask to speak to your Consultant's secretary.

## **Transport to your outpatient appointments**

If you have difficulty in getting to your outpatient appointments, your GP surgery may have the phone numbers of voluntary transport schemes which operate at subsidised rates. If you live in Oxfordshire, a directory of these services is available at [www.communityfirstoxon.org/](http://www.communityfirstoxon.org/)

## What to do when you get home

After your procedure you should rest quietly during the evening. You may eat and drink as usual. You may have a shower or a bath.

### **Driving**

As you have been given a short general anaesthetic for the procedure, you should not drive for the next 24 hours (your insurance will not cover you).

### **Making important decisions**

#### **For the next 24 hours:**

- do not go to work
- do not operate machinery
- do not make important decisions
- do not sign legally binding documents
- do not drink alcohol.

### **Return to work**

You may return to work on: .....

### **Skin care/discomfort**

If you experience chest discomfort in the areas where the pads were placed, take your normal pain relief. The skin on your chest may be red, but a non-perfumed moisturising or after-sun cream should help to soothe this.

### **Checking your pulse**

If you become aware that your pulse has changed, please make an appointment to see your GP and ask them to carry out an ECG. If you are not sure how to check your pulse, please ask your nurse to show you and the person accompanying you before you go home.

## Medication

You can stop taking the following medication:

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**You must continue taking your anti-coagulant, such as warfarin, dabigatran, apixaban, rivaroxaban or edoxaban until you are seen in the follow-up clinic in the outpatients department or you are instructed otherwise. This is to reduce the risk of any blood clots causing a stroke.**

**If you are taking warfarin, you must also continue to have INR tests done. You need to aim to maintain an INR target of 2.5 (range of 2.0-3.0) unless you are instructed otherwise.**

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

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## 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: .....

Tel: 01865 .....

Horton General Hospital: 01295 .....

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

Tel: **01865 572 675** or **01865 572 676**

Please be ready to give the following details:

- your name
- date of birth
- your NHS or Hospital number (if close to hand)
- when you were admitted
- the procedure you had
- name of your Consultant.

**This will help us to access your records more quickly and to speak with your medical team if needed.**

**After 48 hours, please contact your GP for advice.**

## Further information

The booklet is designed to complement other publications available about heart disease and cardiac procedures.

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)

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

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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  
Cardiac Medicine  
Cardiac Angiography Suite  
Level Minus 1, Oxford Heart Centre  
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 **PALS@ouh.nhs.uk**

Author: Practice Development Nurse et al, Oxford Heart Centre  
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Oxford University Hospitals NHS Foundation Trust  
Oxford OX3 9DU  
[www.ouh.nhs.uk/information](http://www.ouh.nhs.uk/information)

