

Preparing for Your Ablation Procedure

Vancouver General Hospital

Name	Your registration date and time Date Time
Location Vancouver General Hospital (VGH) 899 West 12th Avenue, Vancouver Telephone: 604-875-4669	Where to go Jim Pattison Pavilion South Ground floor Station # 7 – Heart Services

Please follow these instructions carefully.

If you do not, your procedure could be delayed or cancelled.

Before your procedure

- 2 to 7 days before your procedure, go to a medical laboratory in your community and get blood taken for testing. Take the form (Laboratory Requisition) attached to this sheet with you.

If you are taking a blood thinner (warfarin or Coumadin), get blood taken on this date.

Note: The results of your blood tests are sent to your family doctor and the hospital.

- Arrange a ride home from the hospital.

Note: You cannot drive for 24 hours after your procedure.

- Arrange for someone to stay with you overnight.

Note: Your procedure could be cancelled if there is no one to stay with you.

- If you do not speak or understand English well enough to have a medical conversation, have someone who speaks English call one week before your procedure to let us know. We will arrange for a medical interpreter (You do not pay for this).

- Have a shower/bath the morning of or the night before your procedure. Do not apply any lotions or creams to your chest or back.

- Do not use any scented products on the day of your procedure such as perfumes or after shave.

- Wear comfortable loose fitting clothing to the hospital.

Eating and drinking

Do not eat any food after midnight before your procedure.

Medication

- Check the medication list below. If you are taking any of these medications, follow the instructions for when to take the last dose.

Medication:	Take your last dose on:
Warfarin (Coumadin)	
Dabigatran (Pradax)	
Rivaroxiban (Xarelto)	
Apixaban (Eliquis)	
Metformin (Glucophage)	
Lasix (Furosemide)	

- The morning of your procedure, take your other usual medications with a small sip of water.
- If you are diabetic, do not take your diabetes medication (pills or insulin) the morning of your procedure.

Special instructions:

What to bring to the hospital

- BC Care Card (personal health card)
- Photo Identification such as driver's license
- All medications you are currently taking.
 - Include all prescriptions and medicines without a prescription.
 - Bring in either in their original containers or their 'bubble pack' with the list attached.
- Glasses and the case
- Hearing aid(s), spare battery(s), and case
- Walking aids such as a cane or walker
- Sleep apnea (CPAP) machine if you have sleep apnea
- _____
- _____

***Leave valuables at home** (such as jewelry, money and credit cards).

After your procedure

We give you some juice and a choice of sandwich (including vegetarian).

Because of limited space in our recovery area, family and visitors will not be able to visit you in the recovery area. They can wait in our waiting area.

The doctor or nurse reviews the results of the procedure with you. We give you a copy of the results to take home.

Going Home

- We review how to care for yourself over the next few days.
- We tell you when you can restart your medications.
- The doctor or nurse will review additional driving restrictions, activity restrictions and when you may return to work.
- Plan to rest the day after the procedure.
- The doctor or nurse will review additional driving restrictions and activity restrictions
- When you return to work depends on the type of work you do. In general, you can return to work in 4 to 7 days. If your work involves a lot of physical activity or if your symptoms are worsening, you may need a longer period of rest.
- If you are from out of town, arrange to stay overnight in the Greater Vancouver area before travelling home. (Remember, you cannot drive for 24 hours after the procedure.)

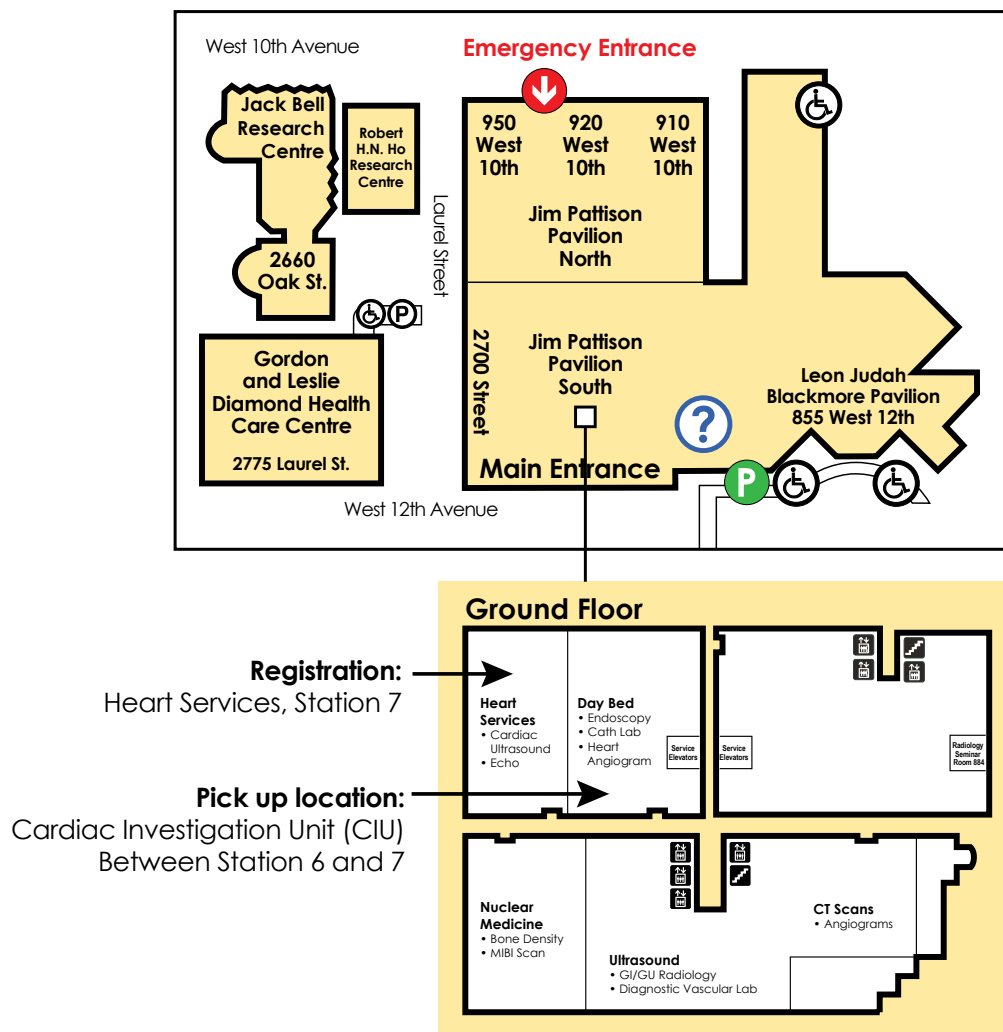
Pick up information

- Your pick up time can vary between 2 to 6 hours after the procedure.
- We give your contact person 1 to 2 hours' notice of when you will be ready to be picked up.
- The person picking you up must come into the Cardiac Investigation Unit (CIU) on ground floor, located between Station 6 and 7 (see the map).

Research

Vancouver General Hospital is a teaching hospital. During your visit, you might be invited to take part in a research study. The study could involve recording your health information, telephone, or clinic visits. You can choose to take part or not. In any case, your confidentiality will be respected.

Map



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The information in this document is intended solely for the person to whom it was given by the health care team.

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