



# Getting Ready for your Electrophysiology Study/Procedure

**PROCEDURE START TIMES AND DURATION OF THE PROCEDURES WILL VARY. ORDER OF THE PATIENTS MAY CHANGE DEPENDING ON URGENCY OF PATIENT'S CONDITION AND OTHER MEDICAL ISSUES.**

## **What to know**

- A doctor who specializes in **ElectroPhysiology (EP)** will do the procedure.
- Arrange for a responsible person to bring you to the hospital and take you home. **You cannot drive yourself home, walk home or go home alone in a taxi.**
- **YOU ARE CONSIDERED LEGALLY IMPAIRED FOR 24 HOURS AFTER THE PROCEDURE (Due to Anaesthetics). DO NOT DRIVE OR OPERATE HEAVY EQUIPMENT.**
- A responsible person must stay with you for the first night after the procedure. \*Let your cardiologist's office know right away if this is not possible.
- **If you live outside Victoria, plan to stay in Victoria for 2 nights after the procedure. \*\*Flight Cancellation Insurance is recommended, or wait to book your return flight until after your procedure\*\* If return flights must be booked earlier, we recommend a minimum of 2 nights stay in Victoria before your flight home.**

## **Please notify office if**

- You have stopped your anticoagulant for any other reason during the month before your procedure (i.e previous procedure or you forgot to take it)
- If you have had a recent infection or fever

## **What to bring to hospital**

- BC Care Card or ID.
- A translator if you do not understand English.
- **All your medications in their original containers.** You may need to take some of your own medications while in hospital, please bring enough medication for a week.
- CPAP machine if you have sleep apnea
- **The hospital has free WIFI for patients**

### What NOT to bring or wear

- Leave all valuables at home, including jewelry, credit cards, and cash in excess of \$20.00.
- No scented products i.e. cologne, perfume or lotions; women please do not wear mascara (Deodorant can be worn)

### Day of the test

- Go to **Main Entrance** of the **D&T Centre** /Royal Jubilee Hospital for **07:00**
- You will be admitted to Cardiac Short Stay (CSS) on the 3<sup>rd</sup> floor of the Diagnostic and Treatment Centre (same building as Tim Hortons). You **may** be asked to wait in the waiting area– **many patients arrive at the same time for different procedures in different procedure rooms.**
- If you are diabetic, tell your nurse right away
- You will have a shave prep to your chest and groin if needed
- You will have an ECG done and an intravenous (IV) started.
- You will return to the CSS short stay unit to recover post procedure and you may have a clamp device or sandbag placed at the procedural site.
- You will be on bedrest for a minimum of 3 to 4 hours post procedure.
- The **duration of your stay in the hospital will depend on the procedure you had, your medical condition** and how quickly you recover from the effects of the sedation.
- Visiting hours are restricted to very brief periods. You may have someone with you for the physician consult prior to procedure. They will be asked to wait in the waiting area outside of CSS until you are ready to go home.
- You will be given verbal and **written instructions** explaining your follow up appointments, medications, site care, and how to care for yourself at home.

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