

Frequently Asked Questions

How long does Ablation take?

Depending on the type of the arrhythmia, catheter ablation procedures usually last up to 4 hours. Especially when general anaesthesia is necessary, additional time for the preparation and reversal of the anaesthesia is required.

How long do I have to fast before Ablation Procedure?

In order to safely perform an ablation, you must not eat solid food for at least 6 hours or drink clear liquids for 2 hours prior to the procedure.

How can I let my relatives know that the procedure went fine?

Since you might be drowsy immediately after the procedure, we will offer to contact a friend or relative and inform them of the result. Please provide us with suitable contact details.

Can I drive back home myself after discharge?

The most recent official recommendation is not to drive a vehicle for 1 day after a general anaesthesia. In addition, the puncture sites in the groins and the potential discomfort are a good reason not to drive home yourself.

Contact Numbers

Private Personal Assistant

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Office Hours

Monday—Friday 9.00am—1.00pm

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Please ask the operator to connect you to the Registrar for Cardiology on call

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Please ask to be connected to the Cardiology Department

Dr Sabine Ernst

Consultant Cardiologist



Patient
Information Leaflet

What to Bring
to the
Hospital?

A Pre-Ablation Information

Information

A note from Dr Sabine Ernst



This brief information leaflet will help to prepare you for your forthcoming electrophysiologic (EP) study/catheter ablation procedure. It aims to answer frequent questions and shall help you to prepare yourself/your child for an ablation procedure.

Although every patient is different and requires individual care, most recommendations for a catheter ablation are universal. Please do not hesitate to ask if you still have specific questions after reading this information.

Yours faithfully



Dr Sabine Ernst

Coming into Hospital

When to arrive?

The admission letter will indicate the date and time you should arrive at the hospital (mostly by 10.00am). Admission is arranged at this time to allow appropriate investigations and blood tests to be performed. It is possible however, that you still may have to wait for your procedure until up-to-date lab results are available.

What to bring?

The normal length of hospital stay is about 1–2 nights, depending on the complexity of the ablation procedure and any underlying heart disease.

- If you have further medical information that was not available at your outpatient appointment, please bring them with you.
- Please bring all your current medications with you
- If you take oral anticoagulation (eg. Warfarin), please bring the INR documentation booklet.
- Please bring any toiletries (although the wards can provide these)
- Please bring the documentation/ acceptance of your insurance for our administrator

Other Important Issues

What not to bring?

Do not bring any valuables to the hospital. The rooms are equipped with safes.

Medication

Stop all rhythm medication 5 days before the ablation procedure in order to allow us to induce your arrhythmia.

The only exception are patients with atrial fibrillation or ventricular tachycardia, where all medications are to be continued.

Please don't hesitate to ask if you are any doubt of discontinuing your rhythm medication.

Oral Anticoagulation ("Blood Thinning")

To allow safe punctures of the vessels and interatrial septum, we will ask you to stop your oral anticoagulation 3 days prior to the ablation procedure. Thereby your INR will automatically be lowered at the time of the procedure (but we check the exact value on your admission). To protect you against the risk of a stroke we will ask you to "bridge" the blood thinning with low molecular weight heparin injections, that your GP/Consultant will prescribe to you (1mg/kg bodyweight twice daily)