Preparing for a **catheter ablation**

To improve your atrial fibrillation (AF) symptoms, you and your physician have agreed to do a catheter ablation. Here's what you may want to discuss before the procedure:

1. How will this procedure help me?

2. Which of my symptoms is the procedure most likely to help?

3. How often do you/does your clinic perform catheter ablations?

4. Who will perform the ablation?

5. Will I be awake for the ablation or is it done under some form of anaesthesia?

6. Can you describe how the ablation is done, what will happen during the procedure?

7. What are the risks of the procedure?

8. What preparatory checks/tests will be done in advance of the procedure?
9. What is the recovery time after a catheter ablation?

- How long do I need to stay in the hospital?

- Are there any restrictions during recovery (physical exercise, etc.)?

- How long will I be on sick leave?

10. What precautions do I have to take before/after a catheter ablation, for example do I have to pause/change any of my medications (blood thinners, heart medications)?

11. Will I need to continue to use any kind of blood thinners after the ablation and, if so, for how long?

12. Will I need to continue my heart rhythm medication after the ablation and, if so, for how long?

13. When will I know if the ablation was a success?

14. What symptoms might I experience after the ablation, for how long and in what timeframe?