

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?

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

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

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4. Who will perform the ablation?

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

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

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7. What are the risks of the procedure?

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8. What preparatory checks/tests will be done in advance of the procedure?

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9. What is the recovery time after a catheter ablation?

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

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

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- How long will I be on sick leave?

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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*)?

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

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

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

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

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