



## Pre-Procedure Cardioversion Instruction and Education

**Date of Procedure:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

Your doctor has recommended cardioversion as the most appropriate treatment option for your current heart rhythm condition. Cardioversion is a safe and commonly performed procedure used to restore a normal heart rhythm in patients with certain abnormal rhythms, such as atrial fibrillation (AFib). The procedure involves delivering a controlled, low-energy electric shock through adhesive patches placed on the chest while you are under light sedation. The goal of cardioversion is to return your heart to a normal sinus rhythm. Restoring this rhythm can help relieve symptoms such as:

- Irregular or rapid heartbeat (palpitations)
- Fatigue or weakness
- Shortness of breath
- Dizziness or lightheadedness

It also helps reduce your long-term risk of complications such as stroke or heart failure.

### Pre-Procedure Instructions

A nurse from Orion Heart and Vascular Surgery Center will call you before your procedure to review your medical history and answer any questions you may have about the cardioversion.

#### Medications

- ◇ If you are taking a GLP-1 medication (such as Ozempic, Wegovy, Mounjaro, Rybelsus, etc.):
  - Injections: stop 7 days before your procedure
  - Oral tablets: hold day of your procedure
- ◇ Continue taking blood thinners (anticoagulants) exactly as prescribed.
- ◇ Let your doctor know if you missed any doses in the past 3 weeks.
- ◇ Bring a current list of all your medications, including vitamins and supplements.

#### Eating and Drinking

- ◇ Do not eat or drink anything 8 hours before your procedure.
- ◇ If instructed to take medication, take it with a small sip of water only.

#### Medical Clearance or Testing

- ◇ You may need blood tests or a TEE (transesophageal echocardiogram) before the procedure to check for blood clots.
- ◇ Notify your care team if you are feeling unwell or have symptoms like fever, cough, or chest pain.

#### Transportation

- ◇ You will be sedated and not permitted to drive for 24 hours after the procedure.
- ◇ Please arrange for a responsible adult to drive you home and stay with you for the first 24 hours.



### **Day of Procedure**

- ◇ Arrive at the center at your scheduled time.
- ◇ Wear comfortable, loose-fitting clothing. Leave all valuables and jewelry at home.
- ◇ In the Pre-op Area the Orion Heart and Vascular Surgery Center Nurses will have you change into a gown; sign consents, review your health history and medications, shave your chest if needed and start an IV
- ◇ You will be given sedation to keep you relaxed and comfortable.
- ◇ Two patches (electrodes) will be placed on your chest (and sometimes back).
- ◇ A controlled electric shock is delivered to reset your heart rhythm.
- ◇ Most patients are asleep but may feel the shock.

### **After the Procedure**

- ◇ You will be monitored in a recovery area until the sedation wears off. You may feel sleepy or groggy for several hours.
- ◇ Mild skin redness or soreness at the electrode sites is normal.
- ◇ Your provider will let you know if the procedure was successful and what the treatment plan.

### **Post-Procedure Instructions**

- ◇ Rest for the remainder of the day.
- ◇ Do not drive, make major decisions, or operate heavy machinery for 24 hours.
- ◇ Take all medications as directed, especially blood thinners.
- ◇ Follow-up with your cardiologist as scheduled.

### **When to Call Your Doctor**

Call your healthcare provider or go to the emergency room if you experience:

- ◇ Chest pain
- ◇ Severe dizziness or fainting
- ◇ Shortness of breath
- ◇ Skin burns or worsening redness at the patch sites
- ◇ Signs of stroke: sudden numbness, confusion, trouble speaking or seeing

**We genuinely look forward to your visit and appreciate the trust you're placing in us with your care. We're here for you every step of the way.**



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**ORION**

Heart & Vascular Surgery Center  
POWERED BY USHV

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