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## **INSTRUCTIONS AND INFORMATION FOR CARIOVERSION**

Your procedure is scheduled at:

Carroll Hospital Center at: \_\_\_\_\_ am / pm                      Date: \_\_\_\_\_

**Please arrive at the Registration Department of the hospital at least 90 minutes before your procedure.** Best way to reach Registration Department is via Main Entrance, and ask for directions.

- Lab tests ordered MUST be obtained 5 business days prior to your procedure.
- Please do NOT eat or drink after midnight prior to the test.
- You may take your normal medications with small amount of water (less than 6 ounces) at least 6 hours prior to the test or hold until the test is complete.
- On the day of test: Do NOT take your diabetes medications and Insulin until the test is finished.
- Please bring all your medications with you.
- Please do NOT smoke for at least 6 hours prior to the test.
- Please bring any government issued ID, insurance card(s), and co-payments if required by your insurance policy.
- Entire visit may last up to 5 hours.

What is a cardioversion?

Cardioversion is an electric 'jolt' delivered while you are asleep to restore the heart rhythm to normal. There are small risks with any general anesthetic but problems are rare. Temporary disturbances of the heart rhythm can occur but are rarely dangerous. An important but uncommon problem is dislodging a blood clot within the heart. To prevent this you will have your blood thinned with warfarin before and after cardioversion, and will have pictures of the heart taken by ultrasound (trans-esophageal echocardiogram) to make sure there is no clot present. Unfortunately it is not possible to guarantee that a small clot not visible by ultrasound may dislodge and cause stroke or the heart rhythm will return to normal or will stay normal.

What happens before and after the test?

1. You will be monitored by EKG, blood oxygen levels, and blood pressure.
2. An IV line will be placed to administer sedation and IV fluids since you are fasting.
3. Your dentures or false teeth will be removed and held at your bedside.
4. The anesthetist/anesthesiologist and the medical doctor/nurse will explain and prepare you for the procedure and obtain your consent.
5. You will be attached to a cardiac monitor, given a short acting general anesthetic, and the doctor will then apply a direct electric "shock" to your chest wall. More than one "shock" may be necessary. The actual procedure normally takes about 30 minutes.
6. You will not be able to eat or drink until anesthetic medications wear off.
7. You are not allowed to operate any motorized vehicles for minimum of 24 hours post-test.
8. You will be observed for at least 1 hour post-test and possibly more.
9. After the cardioversion you may experience some discomfort on the skin of your chest. This is similar to sunburn. You may find a soothing cream or over the counter steroid cream helpful.
10. When the nurse or doctor caring for you is satisfied that you have recovered, you may go home.

