

## After a Cardioversion

You have just had the procedure called a cardioversion which means we used electrical current to restore your heart's normal rhythm.

We gave you medicine for pain and to help you relax during the procedure. You might feel sleepy for the rest of the day.

### For your safety

A responsible adult must drive you home.

Someone should stay with you for the next 12 to 24 hours.

### For the rest of today

- Drink small amounts of fluids such as water, juice, and ginger ale.
- Eat what you would normally. If you feel sick to your stomach, eat small amounts of bland foods.
- Do not** drink any alcohol.
- Do not** drive a car.
- Do not** operate heavy machinery.
- Do not** make any important decisions.

Call this doctor's office in the next few days to arrange for an appointment in one week.

Dr. \_\_\_\_\_ Phone: \_\_\_\_\_

### Other instructions

Sometimes the skin under the cardioversion pads gets red and sore. It can feel like a mild sunburn. This should go away over the next few days. Soothe your skin with cool cloths. Contact your doctor if you notice blisters, or the soreness gets worse or does not go away.

If you were on 'blood thinners' before the cardioversion, continue to take the blood thinner medication way you have been directed to take them by your doctor.

### When to get help

Call your doctor if:

- Your pulse or heart rate becomes irregular or very fast.
- You feel lightheaded or dizzy.
- You have shortness of breath.
- You have any questions or concerns.

Call 9-1-1 right way if:

- You have weakness or numbness on one side of the body.
- You have sudden changes in your vision or speech.
- You faint or feel like you are going to faint.
- You have increasing chest pain or chest pain that is new for you.