

FASTING You will be required to fast for 6 hours prior to your procedure. You may have a light early breakfast and tea/coffee on the morning of the test.

HYGIENE No special requirements - shower or bath as per usual.

ON THE DAY

PROCEDURE TIME The procedure takes approximately one hour.

LENGTH OF STAY You will be admitted around lunch-time the day of your procedure. Following your procedure you will be required to stay for 3 hours so that we can monitor your heart rhythm, blood pressure and groin for possible bleeding.

RESULTS OF THE PROCEDURE Your Doctor will inform you of the results of your procedure and the appropriate treatment / management prior to discharge. If you require further intervention, you will be given information on the day.

VISITORS Your immediate family or carers can see you briefly in recovery after the procedure and when you are up and walking around. You may phone family or receive calls in the recovery area following the procedure. The staff will advise you of the time your family can collect you.

DRIVING Driving a car increases bruising and swelling at the puncture site and is therefore not permitted for 72 hours after the test. You will need to organise transport home.

DISCHARGE INFORMATION AND CARE The nurse will discuss your discharge care with you and your family / friend prior to your discharge from the Clinic. You will also be given information if you require further treatment.

GOING HOME Please ensure that you have someone with you at home (overnight) in the rare event you require medical assistance.



SUTHERLAND HEART CLINIC

ELECTROPHYSIOLOGY STUDY (EPS)

PATIENT INFORMATION GUIDE

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SHC 44



Welcome to the Sutherland Heart Clinic

The Sutherland Heart Clinic follows on from the success of its predecessor - the Eastern Heart Clinic - at the Prince of Wales Campus Randwick. As a satellite facility it has been developed along the same lines. Being doctor owned we are able to provide a consistent clinical focus which translates into the best results for you.

The facility opened in May 2006 and allowed our team to design a brand new private hospital whose focus was interventional cardiology, pacemaker implantation and vascular surgery. The best facility design has been incorporated for your comfort, results and recovery. The Clinic is open Monday to Friday for elective procedures and the staff are on call 24 hours a day for emergencies. There are two catheter laboratories (specialised operating theatres) equipped with the latest technology.

The Clinic's team is committed to providing the best possible care and service and we will ensure that your personal dignity, safety and privacy will be respected and protected at all times. Any treatment offered to you will take place only with your consent following discussion, explanation and disclosure of risks. All information contained in medical records are kept confidential.

This pamphlet has been prepared to acquaint you with the facility and the range of services offered. We hope it will answer many of the questions you may have regarding your forthcoming procedure.

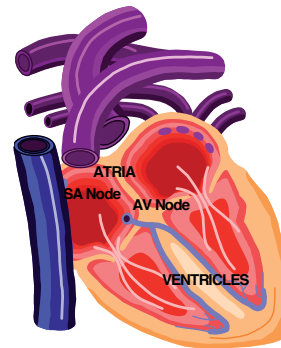
Please read on.

THE HEART'S ELECTRICAL SYSTEM

In order for the heart to beat and pump blood to the lungs and the body, the heart is dependent on precise electrical signals that originate from specific areas of the heart. These electrical signals originate from the Sino-Atrial (SA) node (the heart's pacemaker) and stimulate the atria to contract and empty blood into the ventricles. The impulse then travels along the pathway to the Atrio-Ventricular (AV) node where the impulses then spread down specialised conduction fibres in the ventricles. The electrical impulses cause the ventricles to contract thus pumping blood to the lungs and body.

ELECTROPHYSIOLOGY STUDY (EPS)

The purpose of an EPS is to examine the electrical system of the heart, to produce and analyse the mechanism of abnormal heart rhythms and to evaluate the effect of drug therapy.



In brief the Doctor will inject local anaesthetic into the skin in the groin area (and occasionally the arm or neck). Once the skin has been anaesthetised small tubes are placed in the vein. Electrode catheters will be inserted with minimal discomfort and positioned at specific locations in the heart. The electrical system of the right heart is stimulated (paced), recorded and the information is then analysed. This information will enable your Cardiologist to diagnose the abnormality and choose the appropriate treatment.

CONDUCTION ABNORMALITIES

When there is a disturbance in the heart's ability to transmit electrical impulses or these impulses are blocked, this may result in the heart beating too slowly, too fast or irregularly. The effect of the heart rhythm disturbance could possibly cause symptoms such as dizziness, fainting or palpitations.

YOUR APPOINTMENT

- ♥ Following the visit to your Cardiologist the secretary will schedule a booking at the earliest time available.
- ♥ You will be required to phone the Clinic on the day before your procedure between 12pm and 3pm to obtain your admission time and further instructions.
- ♥ Please inform the secretary if you will require accommodation (especially if you have to travel), you are living alone or need an interpreter.

WHAT TO BRING WITH YOU

- ♥ Health insurance details
- ♥ Medicare card
- ♥ Referral letter/s
- ♥ X-rays and pathology results
- ♥ Your current medications
- ♥ An overnight bag and toiletries in case a stay in hospital is necessary (include dressing gown and slippers)
- ♥ Reading material

NOTE: Secure lockers are provided for your belongings, however please do not bring large amounts of cash or valuables with you on the day.

PREPARATION

MEDICATIONS It is very important that you take your aspirin and anti-platelet medication and your medications **unless instructed to stop by your Doctor.**

Warfarin If you take the medication *Warfarin* you will need to consult with your referring cardiologist who will advise you if you need to stop taking your *Warfarin* before your procedure. Your cardiologist may also advise that you need to take substitute anticoagulant (blood thinner). **It is very important that you do not stop your Warfarin until you have discussed this with your cardiologist.**

Insulin If you are prescribed *Insulin* we suggest you eat a light early breakfast and take half your regular *Insulin* dose. Remind the booking staff that you are on *Insulin* and we will attempt to schedule your procedure as early as possible.