

MEDICATIONS

It is important that you take your Aspirin and Antiplatelet medication (Clopidogrel) and your regular 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 need to stop taking your Warfarin about 3 days before your procedure. Your cardiologist may also advise that you need to take a 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.

PROCEDURE TIME

Takes approximately two to four hours depending on the type of rhythm disturbance.

LENGTH OF STAY

You will be admitted to the Clinic where you will stay until the time of your procedure after which you will be transferred to the Coronary Care Unit. Generally you will stay overnight and be discharged home the following morning.

VISITORS

Your immediate family or carers can see you briefly in recovery after the procedure. The Coronary Care Unit has set visiting hours and their staff will advise you of the times.



SUTHERLAND HEART CLINIC

RADIOFREQUENCY ABLATION (RFA)

PATIENT INFORMATION GUIDE

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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.

RADIOFREQUENCY ABLATION (RFA)

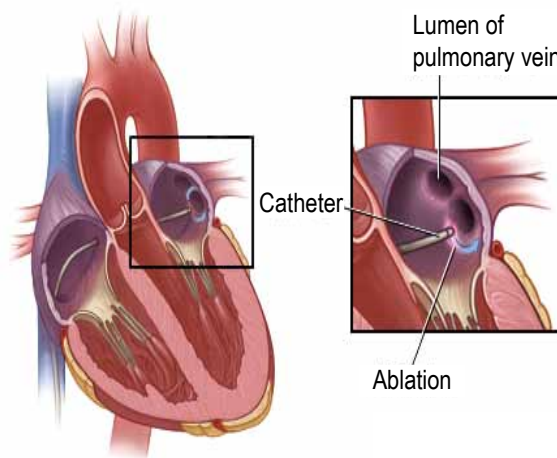
RFA is a treatment that uses electrical energy to destroy tissues in the heart that are causing rhythm disturbances.

This procedure may be performed under a local or general anaesthetic. Your Doctor will advise you which one best suits your needs.

A small incision is made in the groin. A special ablation catheter is inserted into the vein and guided up to the heart using x-ray screening.

With catheters in place, recording of the heart's electrical activity can be made from inside the heart and tissues that are responsible for the rhythm disturbance can be located.

Once the Doctor finds the specific origin of the abnormal heart beat, the ablation catheter will ablate (or burn) that area. This means a scar forms in that area and stops the abnormal heart rhythm occurring.



YOUR APPOINTMENT

- ♥ Following your consult or referral the Cardiologist 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 for your admission time and further instructions.
- ♥ Please inform the secretary if you require accommodation (especially if you have to travel) or need an interpreter.
- ♥ Depending on your Doctor you may be required to stay overnight.

WHAT TO BRING WITH YOU

- ♥ Health insurance details
- ♥ Medicare card
- ♥ Referral letter /s
- ♥ X-rays and pathology results
- ♥ A list of your current medications
- ♥ An overnight bag and toiletries
- ♥ 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

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 your appointment.

HYGIENE

No special requirements - shower or bath as per usual.