

# Bring these questions to ask your doctor at your next appointment.

## Questions for your GP or cardiologist

1. I have \_\_\_\_\_ symptoms. Could this be ATRIAL FIBRILLATION (AF)?
2. Do I need to take any diagnostic tests?
3. Should I monitor my heart rate with a heart monitoring device?
4. Am I at risk of stroke?
5. When should I go to the emergency room?
6. Do I need to make any lifestyle modifications?
7. What are my treatment options?
8. Should I see a specialist?

## If you have been diagnosed with AF

1. What is causing my AF?
2. What can I do to prevent my heart from going into AF?
3. What type of AF do I have (e.g., paroxysmal, persistent, etc.)?
4. Are there any activities I should avoid?
5. Do I need to make any lifestyle modifications?
6. What is my stroke risk?
7. Am I at risk for any other medical conditions?

## What are the treatment options available?

1. What is the purpose of the medication?
2. What are the benefits and risks?
3. What happens if I don't take the medication?
4. What should I do if I have side effects from the medication?
5. For how long is it expected that I take medication?
6. Will medications cure my AF?
7. Can I take these medications with

---

(insert medication currently prescribed)?

## If medications aren't working

1. Are there any alternatives to medication?
2. Am I a good candidate for a catheter ablation procedure?
3. What are the benefits and risks?
4. Can you refer me to an electrophysiologist?



For more PATIENT RESOURCES related to Atrial Fibrillation, please visit

[getsmartaboutafib.eu](https://getsmartaboutafib.eu)