

Questions to Ask Your Doctor

Ask the right questions.
Navigate atrial fibrillation (AFib)
with confidence.



Bring this resource to your next appointment with your Primary Care Physician, Cardiologist, or Electrophysiologist to build a strong foundation for a productive conversation.

Questions for your Primary Care Physician:

1. How do I know when AFib becomes a real problem? When should I go to the emergency room?
2. I have _____ symptoms. Could this be AFib?
3. Do I need to take any diagnostic tests?
4. Should I monitor my heart rate with a heart monitoring device?
5. Am I at risk of stroke?
6. What are my treatment options?
7. Should I see a specialist like a cardiologist?

If you have been diagnosed with AFib:

1. How will my life change now that I'm diagnosed with AFib?
2. Do I need to make any lifestyle modifications?
3. What is causing my AFib?
4. What can I do to prevent my heart from going into AFib?
5. What type of AFib do I have (e.g., paroxysmal, persistent, etc.)?
6. What is my stroke risk?
7. Am I at risk for any other medical conditions?
8. Is my AFib progressing into a more advanced type?
9. Will you be cardioverting me? How often will I need to be cardioverted?
10. Are you able to refer me to an AFib specialist like an electrophysiologist (EP)?

Get Smart About AFib

If physician recommends medications:

1. What is the purpose of the medication?
2. What happens if I don't take the medication?
3. If I keep taking medications will my atrial fibrillation eventually get better?
4. Will I be able to drink alcohol while on medication?
5. What should I do if I have side effects from the medication?
6. What should I do if the medication doesn't fulfill its purpose?
7. Will medications cure my AFib?
8. Do I have options outside of medication?

If medications aren't working:

1. Are there any alternatives to medication?
2. What are my options if I can't tolerate medication side effects?
3. Would I benefit from a procedure to control my AFib or reduce my risk for stroke?
4. Am I a good candidate for a catheter ablation procedure?
5. Can you refer me to a cardiac electrophysiologist (EP)?

Questions for an electrophysiologist:

1. Am I a good candidate for a catheter ablation procedure?
2. How many catheter ablation procedures have you performed?
3. Will my chances of a successful ablation decrease the more I wait?
4. How long is a typical catheter ablation procedure?
5. Will I feel any pain or discomfort during the catheter ablation procedure?
6. What will be my radiation exposure during the procedure?
7. What does recovery look like after the procedure? Will I be able to go home the same day as my procedure?
8. How long will it take me to feel better after the catheter ablation procedure?
9. When can I stop my medications after the procedure?
10. How will undergoing the procedure change how I live my life?
11. How do I prepare for my procedure?

The THERMOCOOL SMARTTOUCH® SF Catheter is indicated for the treatment of drug refractory recurrent symptomatic paroxysmal atrial fibrillation (AF) and for drug refractory recurrent symptomatic persistent AF (continuous AF > 7 days but < 1 year), refractory or intolerant to at least I Class I or III AAD, when used with the CARTO® 3 System.

As with any medical treatment, individual results may vary. Only a cardiologist or electrophysiologist can determine whether ablation is an appropriate course of treatment. There are potential risks including bleeding, swelling or bruising at the catheter insertion site, and infection. More serious complications are rare, which can include damage to the heart or blood vessels; blood clots (which may lead to stroke); heart attack, or death. These risks need to be discussed with your doctor and recovery takes time. The success of this procedure depends on many factors, including your physical condition and your body's ability to tolerate the procedure. Use care in the selection of your doctors and hospital, based on their skill and experience.

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