

Preparing for my first arrhythmia consultation

Patient Information



Preparing for my first consultation

In preparation for your first consultation with your doctor about your heart arrhythmia, you may wish to consider questions you would like to ask your doctor and the questions that your doctor may ask you.

Examples of questions that your doctor may ask you:

It will aid your discussion with your doctor if you consider these questions in advance.

- Do you have a history of problems with your heart rate or rhythm? If so:
 - What are your symptoms and how long have you had them?
 - Did you see a doctor?
 - What was the diagnosis?
 - Were tests performed?
 - How was it treated?
- Do you have a family history of problems with heart rate or rhythm?
- What medications are you currently taking?
- How frequently do you take this medication?
- Do you experience side effects?
- Do you have any pre-existing medical conditions?
- When was your last blood test and do you know the results?
- Is there any family history or arrhythmia?
- Do you have any allergies?

Questions to ask your doctor

It is important for your doctor to know what medications you are taking (including prescribed, over the counter and herbal remedies) including the name, dose and frequency. You can help your doctor by bringing up to date list of your current medications.

Examples of questions you may wish to ask your doctor:

- Is it normal for my heart to skip a beat?
- What causes irregular heartbeat?
- Can I do anything to make it better?
- Do I need to do any tests? What will the results tell me?
- What are the risk of having a heart arrhythmia?
- What medications do you recommend and why? How long should I take them?
- Are there any alternatives to medications?
- What can you tell me about ablation treatment for an arrhythmia?
- How often do I need to see a doctor?



Patient Information:

1. What is an arrhythmia?
2. What is Atrial Fibrillation?
- 3. Preparing for my first arrhythmia consultation**
4. What is an ablation procedure?
5. My hospital stay for an ablation procedure
6. My recovery after an ablation procedure

**For more PATIENT RESOURCES related to Atrial Fibrillation, please visit
[GETSMARTABOUTAFIB.EU](https://www.getsmartaboutafib.eu)**



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 information featured here is not intended as medical advice, or to be used for medical diagnosis or treatment. Please talk to your doctor if you have any questions.

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