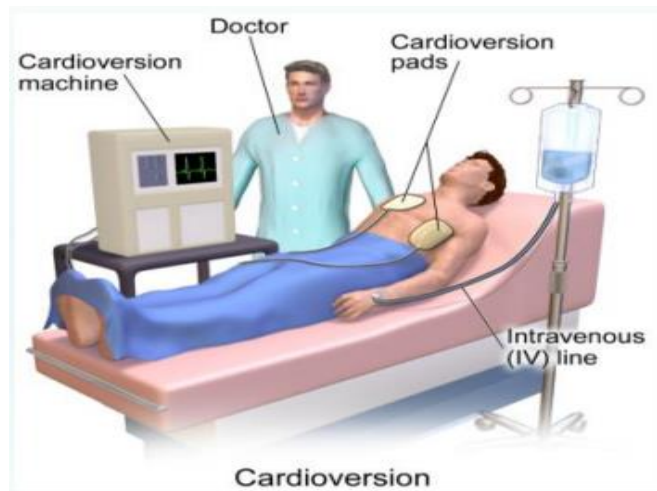


## Electric Cardioversion



### What is Electric Cardioversion?

Electrical cardioversion is the delivery of direct electrical current to convert an abnormal heart rhythm into a normal heart rhythm. You are likely having this procedure done because your heart may be beating too fast and/or in an irregular pattern, and you are not feeling well as a result.

Two large, sticky pads will be applied to your chest and connected to a defibrillator machine, which will deliver a prescribed shock in a controlled manner. Before this, you will be given medication through an IV to make you sleepy and manage discomfort. A physician, a nurse trained in this specialized procedure, and a respiratory therapist will be present.

### How to prepare

- The Medicine Hat Regional Hospital will contact the patient the day before your Cardioversion to confirm appointment time.
- Ensure you have not had anything to eat or drink after midnight until the morning of procedure:
  - Take ALL your medications.
  - Carry your bag of medications to the hospital with you.
- Avoid applying lotion, powder or medication patches to your skin for 24 hours before the procedure.
- Organize a ride home, as you **cannot** safely drive or operate heavy machinery for 24 hours after the procedure.
- Be aware that the procedure may not result in a normal heart rhythm and that you may need to stay in the hospital longer than expected.

### What happens after?

- You will be monitored in the O.R. until you are safe to go home.
- The doctor and nurse supervising Cardioversion will review your discharge instructions, including possible medication and lifestyle changes.
- You may feel sleepy and sore, especially in the areas the pads were applied.
- Seek medical attention immediately if you experience any of the following:
  - Shortness of breath
  - Chest pain or pressure
  - Palpitations
  - Leg pain or swelling
  - Headache, confusion, dizziness
  - Slurred speech or difficulty speaking
  - Numbness or tingling in the face or extremities.
  - Difficulty walking or coordinating movements
- Keep all your scheduled health-related appointments.
- Tell your healthcare providers that you have undergone Electrical Cardioversion.

### If you cancel

- Contact Southern Alberta Medical to cancel at (403)580-8288.
- SAM admin team will contact you with a new appointment date.

### Still, have questions?

Tell your health care practitioner and/or family physician

- Search the term “Cardioversion” under the following websites:

[www.heartandstroke.ca](http://www.heartandstroke.ca)

[www.myhealth.alberta.ca](http://www.myhealth.alberta.ca)