

# Cardioversion or Defibrillator Testing



UHN

## Instructions for Patients Going Home

You had a:

- ❑ **Cardioversion.** This means an electrical shock, timed with the fast heartbeat, to try and stop an abnormal heart rhythm.
- ❑ **Defibrillator testing.** This means an electrical shock delivered by your implanted device to treat an abnormal heart rhythm.

This information will help you and your family as you recover at home.

For your safety, please ask an adult to take you home after your procedure.

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## **Resting at home**

Do not make any important decisions for the rest of the day. The anesthesia can effect your thinking for the rest of the day.

## **Driving**

Do NOT drive or operate any machinery for 24 hours.

## **Medications**

Do NOT take any medications that calm you or make you less anxious (these are called sedatives) for 24 to 48 hours unless prescribed by your doctor.

You can take your usual medications again as instructed by your health care team. They may include medications that regulate your heart rhythm or blood thinners.

Your healthcare team will review your medications with you before you leave the hospital.

## **Your Diet**

Eat what you normally would. After your procedure, you might like to eat a lighter meal.

## **Your Activity**

Start your regular activities 24 hours after your procedure. These can include:

- climbing stairs
- normal exercises
- lifting objects greater 10 pounds (such as, groceries, children, full laundry baskets, small pets)
- having sex
- returning to work

## **Follow-up care**

After your cardioversion, you may have some skin irritation where we placed the pads for the electrical shock.

### **Call your family doctor if you have:**

very fast heartbeat  
shortness of breath  
fatigue (very tired)  
chest pain

If you cannot reach your family doctor, come to the Emergency department at Toronto General Hospital.

If you do not live close, please go to your nearest emergency department.