

RADIOFREQUENCY ABLATION (RFA)



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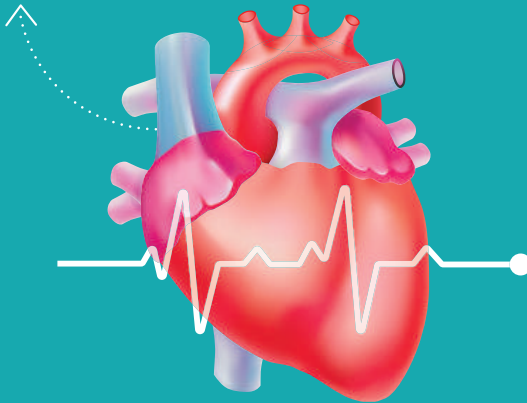
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01

What Is Radiofrequency Ablation (RFA)?

It is a medical procedure commonly used in electrophysiology to treat certain heart rhythm disorders, particularly those caused by abnormal electrical pathways. It involves the insertion of catheters (thin, flexible tubes) into the heart.



Why Do I Need This Study?

- To assess heart electrical activity.
- If you experience symptoms such as syncope (fainting) and heartbeat irregularity.

Learn more from the
American Heart Association
(AHA)



Arrhythmia



Electrophysiology
Studies



Ablation

02

Patient's Journey

Before Admission



- You will be admitted to the ward a day before or on the procedure day.



- You may require blood investigations.

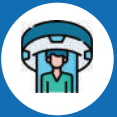
On Procedure Day



- Your doctor does a daily routine assessment.
- Your informed consent will be obtained. You may ask any questions you may have.



- Hair on the groin area will be removed.
- You are instructed not to eat or drink for a certain period before the procedure, usually starting the night before the procedure or at least 6 hours prior to the procedure.



- Our staff will transfer you to the Cardiac Catheterisation Lab.
- You may or may not receive medication prior to the procedure (mild sedative).

On Procedure Day

(in the Cardiac Catheterisation Lab)



- Local anaesthetic is injected into the groin to minimise discomfort.



- A catheter (thin, flexible tube) is inserted. Catheters have electrodes at their tips to measure electrical signals.



- Arrhythmias are induced (if necessary).



- The catheter will be removed once the electrophysiological study complete. Pressure may be applied to the insertion site to minimise bleeding.

Post Procedure



- You will be monitored in the critical care area for a period time to ensure there are no immediate complications and will be transferred to the ward if allowed by the cardiologist.



- Your vital signs and the insertion site will be checked regularly.

Post Procedure Care



- Keep the puncture site clean and dry. Avoid activities that could stress the area such as heavy lifting.



- Rest is recommended for several hours following the procedure.



- Drink water as recommended to maintain hydration.
- Please inform the nurse if you experience any pain. Your cardiologist may prescribe medication to relieve your pain.



- Monitor complications such as increased pain, swelling, redness, or bleeding at the catheter insertion site. Report any concerns promptly to your doctors.





03

Take Home Message

- Take prescribed medications as directed, especially anti-arrhythmic drugs or medications to prevent blood clots.
- Attend any follow-up appointments with your electrophysiologist or cardiologist.
- Watch for recurrence of symptoms such as palpitations or dizziness.
- Resume normal diet.
- Avoid smoking and alcohol intake.

Patient's Info



Weight	<input type="text"/>
Height	<input type="text"/>
BMI	<input type="text"/>

Date of Diagnosis ≤ 18 months ≥ 18 months

Treating Cardiologist

Contact No.

Diagnosis & Summary

Patient's Log

Date	Time	Remarks

Optimisation Of Medical Therapies

Clinic Visit Date	Drug Regimen (Name, Dose & Frequency)	Drug Regimen (Name, Dose & Frequency)	Drug Regimen (Name, Dose & Frequency)
	Dose: OD/BD/TDS	Dose: OD/BD/TDS	Dose: OD/BD/TDS
	Dose: OD/BD/TDS	Dose: OD/BD/TDS	Dose: OD/BD/TDS
	Dose: OD/BD/TDS	Dose: OD/BD/TDS	Dose: OD/BD/TDS
	Dose: OD/BD/TDS	Dose: OD/BD/TDS	Dose: OD/BD/TDS
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Optimisation Of Medical Therapies

Clinic Visit Date			
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Notes



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www.sjmcheartcentre.com

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