

THE VALLEY HEART AND VASCULAR INSTITUTE

STEP-BY-STEP GUIDE TO YOUR ELECTROPHYSIOLOGY JOURNEY



Everything Medicine Can Do. A Few Things Medicine Can't.



You may be referred to an electrophysiologist to determine if your heart's electrical system is not working properly. Upon consulting with a member of our team, you may be recommended to undergo a cardiac procedure. The most common procedures performed by electrophysiologists are:

■ Implantable loop recorder (ILR)

- A procedure where an ILR – a small device that continually monitors each beat of the heart and records abnormalities – is injected under the skin in front of the heart through a small incision using local anesthesia. It has a battery life of 2–3 years. This includes the implant, explant, and replacement.

■ Cardioversion (CV)

- A nonsurgical procedure that resets your heart rhythm back to normal if you have an arrhythmia – irregular heartbeat.

■ Catheter ablations

- A minimally invasive procedure for atrial fibrillation or other arrhythmias where energy is used to create a small scar in the heart tissue, interrupting irregular electrical pathways in the heart that cause arrhythmias.

■ Implant/generator change and upgrade of pacemaker (PM) or implantable cardioverter-defibrillator (ICD)

- A procedure where a cardiac implantable electronic device that is used to correct your arrhythmia is placed under the skin in the chest area.

STEP 1: SCHEDULING A PROCEDURE

If you have been recommended for an electrophysiology (EP) procedure, one of our scheduling specialists will assist you in arranging a convenient date and time for your procedure.

If you have been recommended for a left atrial appendage closure (LAAC) device, the coordinator for the program will contact you to arrange

a consultation. You can expect to receive further communications, including phone calls, literature, and instructions from the team, who will assist you throughout this specialized process.

STEP 2: PREPARATION

A member of our nursing staff will reach out to you 7–10 days before your scheduled procedure to review important instructions. These instructions will include:

- Fasting requirements
- Medication guidelines
- Restrictions related to bathing, driving, and physical activity
- Pre-admission laboratory work

STEP 3: DAY OF THE PROCEDURE

- The Valley Hospital is located at 4 Valley Health Plaza in Paramus, New Jersey. The main entrance is located at the intersection of Winters Avenue and Valley Health Plaza.
- You will be instructed to arrive at the hospital 1.5–2 hours prior to your procedure time. You will enter through the main entrance of the hospital and check in at the front desk.
- From there, you will be directed to the registration department (Rooms R1-3) to register for your procedure. Please remember to bring a valid ID and insurance card.
- Upon completion of your registration, you will be guided to the waiting area designated for same-day services. A hospital ambassador will help your family stay informed about your status.
- You will then be escorted to a private room within the same-day services area, where the preparation for your procedure will commence.

- You will be asked to change into a hospital gown. If necessary, an intravenous (IV) line will be placed to administer fluids, anesthesia, and antibiotics. In preparation for your procedure, it may be necessary to shave the designated area to maintain sterility.
- You will have electrodes placed on your chest and back to monitor your heart rhythm and rate.
- You will be evaluated by medical professionals, including an advanced practice provider (APP), who will assess your condition and gather your most current medical information.
- Your electrophysiologist will also meet with you to obtain informed consent for your procedure.
- Prior to the procedure, an anesthesiologist will discuss the type of anesthesia that will be administered. Please note that implantable loop recorders only require local anesthesia.
- Before your procedure begins, your care team will meet with your family or caregiver to explain the procedural plan and answer any questions.

Your next steps will depend on your specific procedure:

- You will remain in same-day medical if you are having any of the following:
 - Implantable loop recorder
 - Cardioversion
 - Tilt table test
 - Sotalol initiation
- If you are scheduled for a more complex procedure, you will be transported to the electrophysiology lab (EP lab). Examples of such procedures include:
 - Pacemaker/ICD
 - Catheter ablation

- Laser lead extraction
 - Left atrial appendage occlusion
- In the electrophysiology lab, you will notice advanced technological equipment designed to ensure the safety and success of your procedure. Various patches, known as electrodes, will be applied to your chest and back to monitor your heart rate and rhythm. Some of these electrodes will facilitate the creation of a three-dimensional visualization of your heart.
 - You will receive anesthesia prior to your procedure, ensuring that you remain asleep throughout its duration.
 - Once the procedure is complete, you will remain in the procedure room for monitoring until you are awake and stable enough for transport back to same-day medical for further observation and management. This monitoring will include:
 - Assessment of blood pressure, oxygen levels, heart rate, and rhythm.
 - Monitoring of the incision site or groin area for any signs of bleeding.

You will be required to lie on your back for 2–3 hours following an ablation procedure. If you experience any pain during the recovery process, relief will be provided through medication or repositioning.

STEP 4: DISCHARGE

- Most procedures are typically completed on the same day; however, your provider may recommend an overnight stay for observation if deemed necessary.
- A nurse will review your discharge instructions, which will include:
 - A review of medications,
 - Any necessary restrictions, and
 - Symptoms you may expect and guidance on which symptoms warrant contacting your provider.

- If you are scheduled for a device procedure, the staff will assist you in setting up your remote monitor, if applicable.
- All of your questions will be addressed prior to discharge, and a written copy of instructions will be provided for your reference.
- When you are ready to leave the hospital, a staff member will transport you via wheelchair to the hospital exit.

COMMON SYMPTOMS AFTER PROCEDURES

■ Cardioversion

- *Skin irritation or redness* – May occur due to the electrodes placed during the procedure. For relief, you may take Tylenol for discomfort, apply non-perfumed moisturizing cream, and apply a cool compress.

■ Catheter Ablation

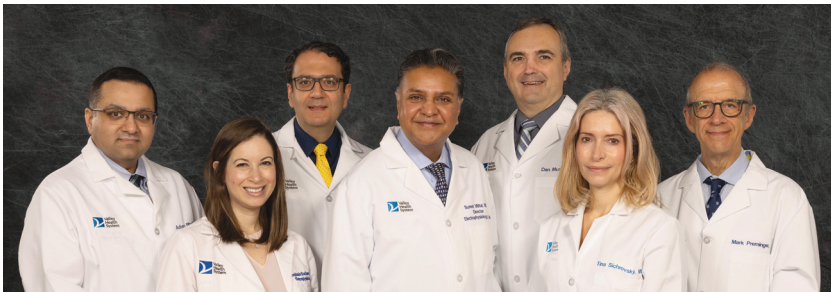
- *Thirst and dry mouth* – These symptoms may occur due to medication used during the ablation and are expected to resolve within a few hours.
- *Sore throat* – You may find relief by using throat lozenges and consuming warm liquids.
- *Groin pain or bruising* – Discomfort and bruising may arise from catheter insertion. It is normal for bruising to extend down your leg, and this may take up to four weeks to resolve.
- *Swelling at the groin site* – Mild swelling at the groin site is normal and should not exceed the size of a marble. If you notice an increase in swelling or experience any numbness or tingling in the extremities, please contact the office for further instructions.
- *Chest pain* – Inflammation may occur following an ablation, leading to sensations of chest tightness that may worsen with deep breathing. These symptoms are typically expected to resolve within one to two days. If chest pain intensifies or if you experience difficulty breathing, please notify your provider immediately.

- ***“Blanking Period”*** – This term refers to the initial two months following atrial fibrillation ablations, during which scar tissue forms to prevent electrical signals that cause irregular heartbeats. Patients may experience recurrences of the arrhythmia until the scar tissue is fully developed. If the arrhythmia persists for more than 48 hours, you may require cardioversion to restore normal sinus rhythm. It is essential to maintain anticoagulation therapy without interruption following an ablation. Your medication regimen will be reviewed in subsequent follow-up visits.

■ Devices

- ***Pain at the site of incision*** – You may take Tylenol and apply a cool, dry compress for relief.
- ***Mild swelling and bruising*** – These symptoms are expected following a device procedure and should resolve within one to two weeks. If you notice an increase in swelling; experience drainage, such as pus or bleeding, from the incision site; or develop a fever exceeding 100.3°F, please contact the office for further instructions.

MEET THE TEAM



Pictured from left to right: Advay Bhatt, MD; Stephanie M. Kochav, MD, MHS; Mohammadali Habibi, MD; Suneet Mittal, MD; Dan Musat, MD; Tina Sichrovsky, MD; and Mark Preminger, MD.



The Valley Hospital is located at 4 Valley Health Plaza in Paramus.

- Patients and guests coming to The Valley Hospital can park for free in our parking garage, which can be accessed at the front of the hospital via the intersection of Winters Avenue and Valley Health Plaza.
- Valet is available on the **first level** of the parking garage, with additional parking available on levels 2 and above.
- There are 25 electric car charging stations available in the parking deck.

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

For more information about electrophysiology at Valley, please visit ValleyHealth.com/EP.

To schedule an appointment, please call [201-432-7837](tel:201-432-7837).

THE VALLEY HEART AND VASCULAR INSTITUTE

The Valley Heart and Vascular Institute is known for its depth of experience and high-quality care.

The Valley Heart and Vascular Institute includes a dedicated team of clinical staff, including cardiologists, cardiovascular surgeons, interventionalists, imaging specialists, electrophysiologists, vascular surgeons, anesthesiologists, nurses, sonographers, physician assistants, and advanced practice nurses; innovative technology; and robust clinical trials. Valley's multidisciplinary team approach to care represents a forward-thinking and integrated strategy for the treatment of cardiovascular pathologies that is centered on each individual patient's needs.



The Valley Hospital Patient and Family Advisory Council has reviewed and approved this material to ensure that the patient and family perspective has been included.

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