



## ELECTROPHYSIOLOGY STUDY/ABLATION

### What it is

An electrophysiology study (EPS) is a specialized procedure that allows your doctor to have a detailed look at the electrical signals in your heart and pinpoint the source of any abnormal rhythms (arrhythmias). Standard catheter ablation is a related procedure for correcting abnormal electrical signals in your heart. Small amounts of radiofrequency current are used to burn out the tiny areas of cells to prevent these abnormal signals from occurring. Standard ablation procedures are often performed immediately after an EP study. EP studies are recommended for people with certain types of heart arrhythmias. For ablation, soft catheters with tiny electrodes at their tips are threaded in a thin tube through blood vessels in your groin up to your heart. They are used to “map out” and evaluate the electrical activity inside your heart. Once properly positioned, they deliver a small radiofrequency electrical current to burn out tiny areas.

### Performance/Preparation

Do not eat or drink anything for 6-8 hours prior to the procedure and tell your doctor about what medications you are taking. Expect that approximately 3-5 electrical catheters will be placed inside your heart. The results of the EP study will help determine whether you need medications, a pacemaker or an implantable cardioverter/defibrillator (ICD).

### Duration

An EPS will last anywhere from 1 to 4 hours depending on whether ablation is performed.

### Medications

Please take your medications as prescribed. Your cardiologist may ask you to stop certain medications (e.g. blood thinners, heart rhythm drugs) prior to the ablation.

### Driving

You are instructed not to drive after an EPS and ablation so have someone bring you to and from the appointment.