



Radiofrequency Catheter Ablation



Baystate Medical Center's Heart and Vascular Services staff are committed to providing you with an excellent, comfortable, and safe experience. We hope you will find the following information useful as you prepare for your procedure.

Before Your Procedure

- ♥ It is very important that you do not eat or drink anything after midnight the night before your procedure. You may take your morning medications as usual with a small amount of water, unless directed otherwise by your doctor.
- ♥ Bring only essential items (glasses, dentures, hearing aids, and reading material) with you to the hospital. Please leave money, jewelry, valuables, and any electronic devices at home.
- ♥ You do not need to bring any medications, unless you are told to by your doctor.
- ♥ Bring a list of your current medications, doses, and the times of day you take them. Please bring a copy of your health care proxy, if you have one.

- ♥ Take some time to shower/bathe before you leave home, as you will be unable to do so during your hospital stay.
- ♥ Make arrangements to have a family member or friend come with you to the hospital. You will not be able to drive yourself home.

Depending on your procedure, you may be discharged the day of your procedure or the next morning by 9 am. Please plan to have your family/friend arrive one hour prior to discharge to review discharge instructions. If you are unable to arrange transportation home at the time of discharge, a lounge is available for your wait in the Daly entrance lobby.

When You Arrive at Baystate Medical Center

Wheelchairs are available at the hospital's main Daly Entrance if you need one. Please check in at the reception desk, where you will receive directions to your unit.

On your unit, you will be brought to your room, and asked to put on a hospital gown and slippers. Your nurse will start an IV, obtain lab work if ordered by your doctor, and may connect you to a heart monitor. We will arrange to communicate with your family member or friend after your procedure.

Pre-Procedure Area

We will bring you to the EP pre-procedure area on a stretcher. A nurse will ask you several questions, and check your blood pressure, heart rate, and breathing. Your doctor will be in to speak to you before the procedure.

Preparation for the Procedure

Once in the procedure room we will assist you to a special bed that allows the use of x-rays. The EP staff will connect you to a variety of monitoring equipment to watch you closely during the procedure. The EP Lab is kept cold to prevent infection and the monitoring pads will be cold to the skin. Once the monitoring equipment is in place, the staff will offer you a warm blanket. They will clip the hair from your groin area, wash the areas with a special antiseptic solution to help prevent infection, and drape you with sterile sheets.

During the Procedure

The doctor will begin the procedure by giving you a local anesthetic to numb a small section of your skin in the groin area. You will be awake and able to talk throughout this procedure. If you are uncomfortable or have questions at any time, let your nurse and doctor know.

The doctor will then insert catheters into your groin area and direct them into your heart. You may feel your heart speeding up and slowing down. The doctors are controlling this and you should let them know if you have symptoms like the ones that first made you go to the doctor. The doctor will find the exact spot in your heart where the arrhythmia is located and deliver radiofrequency waves to stop the arrhythmia.

Getting Here

Baystate Medical Center
759 Chestnut Street, Springfield, MA
Main Hospital: 413-794-0000 • EP Lab: 413-794-2965

From the North: From Route 91 southbound, take Birnie Avenue, Exit 11. Bear right off the exit ramp, and take your first right on Walter Street. Proceed through the lights to the next intersection, and take a left on Springfield Street, then take your first right on Medical Center Drive.

From the South: From Route 91 northbound, take Main Street, Exit 10. Proceed ahead for two blocks until you are facing the medical center. Take a left and then bear right on Springfield Street, then take your first right on Medical Center Drive.

After the procedure, the catheters will be removed and pressure applied to those sites to stop the bleeding. A small bandage will be applied to the sites. The procedure may take anywhere from two to eight hours, depending on the type of ablation required.

After Your Procedure

We will then bring you back to your room and ask you to remain lying down with your leg(s) straight for four to six hours. Afterward, you will be able to get up and walk around. Depending on the type of procedure, you may stay overnight in the hospital or possibly return home later the same day. Your doctor will discuss the results of the procedure with you and give you instructions before you leave the hospital.

Before you leave the hospital, we will give you written instructions to follow, including:

- ♥ Your dressing(s) may be removed the day following your procedure.
- ♥ No heavy lifting over 10 lbs for 48 hours.
- ♥ Limit stair climbing the day of procedure.
- ♥ You may shower the day after the procedure.
- ♥ Minor “sunburn-like” irritation on your back may occur from x-ray exposure. If you observe blistering, notify your primary care physician.
- ♥ Contact your EP physician if you experience any of the following: temperature of 101° or higher, redness, drainage, swelling, or increased discomfort in the groin site(s).

Within five days after you leave, one of our staff will call you at home to see how you are recovering. If you have any questions, please call your doctor.

From the East: Take Exit 6 off the Massachusetts Turnpike. Beyond the toll booth, turn left on to Route 291. Remain on 291 until it merges with Route 91 North. Follow the “From the South” directions at left.

From the West: Take Exit 4 off the Massachusetts Turnpike. Pick up Route 91 South after the toll booth. Stay on Route 91 South and take Birnie Avenue, Exit 11. Follow the “From the North” directions at left.