



Information for  
patients and  
carers

**Discharge advice following  
External Cardioversion**

## Introduction

This leaflet has been written to provide you with advice following an external cardioversion. We hope it answers some of the questions or concerns you may have. It is not intended to replace talking with medical or nursing staff.

Your procedure has been:

**Successful**

**Unsuccessful**

## Resuming normal activities

Your procedure has been performed under:

**Sedation**

**General anaesthetic**

This can remain in your system for up to 24 hours and cause you to be less alert than normal. You should rest for the remainder of the day and avoid strenuous activity tomorrow. It is important that you do not drive, drink alcohol, operate machinery or sign legally binding documents within 24 hours of the procedure. It is advisable to be escorted home and have someone stay with you overnight.

You may experience chest discomfort. You can take some painkillers e.g., paracetamol but do not exceed the manufacturer's instructions.

## Driving

You should not drive until at least 24 hours after the procedure.

## Skin care

You may experience skin irritation like a minor sunburn and redness to your chest and back where the defibrillation pads were positioned. You can apply moisturising cream or after sun cream to aid recovery.

## Eating and drinking

You may eat and drink as normal.

## Medication

**You must continue taking your anticoagulant – warfarin, apixaban, edoxaban, dabigatran, rivaroxaban – and all other medication unless instructed otherwise.**

A letter will be sent to your GP explaining what has been done today and any further treatment recommendations.

## Contact details

If you need any help/advice or have any questions please do not hesitate to contact the Cardiac Catheter Suite on:

Telephone: **01772 524382** (Monday-Friday 8-4pm).

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

[www.patient.co.uk](http://www.patient.co.uk)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے یغل مدد یک ضرورت ہے تو ییچھپیا یں یبھ ابی دست بو یسکت ہے برا ئ مہر یان پو ری چھہی۔ معلومات

**Arabic:**

مطبوعه بأ ح ر ف ك ب ي ر ة و ب ل ف ا ت إذا كنت تر يد مساعده في فهم هذه لمعلومات يُر جى أن تطلب أخرى يمكن تو ف ي ر هذه المعلومات

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**Division:** Medical

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