

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

Should you require further advice or information please contact the Cardiac Catheter Suite on:

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

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

<https://bepartofresearch.nihr.ac.uk/>

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

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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 Smokefree Lancashire on Freephone **08081962638**

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

patientexperienceandinvolvem@LTHTR.nhs.uk

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