

## Extra advice after cardioversion

1. Please keep a symptom diary. Please think why you were listed for cardioversion, what were your symptoms prior to this procedure. How did you feel in arrhythmia? How do you feel now? How much you have improved/not improved? Has it made some difference, a lot of difference, no difference to how you feel? It is crucial to be able to correlate rhythm and symptoms to aid further management.
2. If you think you are back in arrhythmia, please either arrange ECG at your GP surgery or in case there is a long wait, please call us on 01392 403813 and we can arrange one for you at Royal Devon Wonford site weekdays between 9-5. Please ask your GP surgery to email the ECG to helen.mclennan@nhs.net
3. Prior to your follow up appointment, please ask your GP to perform an ECG approximately 4 weeks after cardioversion and ask to forward copy to helen.mclennan@nhs.net
4. Many people ask what can they do to help maintain normal rhythm long term as often cardioversion is not a long-term solution, and further management plan is often required.

### There are a number of lifestyle measures we would advise:

1. Exercising at moderate intensity for at least 200 mins a week
2. Minimise alcohol intake, least amount achievable, certainly no more than 10 units/week for women or 14 for men
3. Reduce tea and coffee drinks to maximum of 2-3 a day
4. Aim to maintain normal weight, aim for BMI less than 27 or lose 10% of weight whichever is smaller target initially
5. Maintain normal blood pressure, aim for less than 130/80 mmHg
6. Stop smoking if current smoker

### Contact

The arrhythmia nurse can be contacted on Tel: 01392 403813 (Mon-Fri 09:00-17:00) for further advice. If you are unwell please seek more urgent medical advice via GP, walk-in centre, 111 or 999.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by Royal Devon staff undertaking procedures at the Royal Devon hospitals.

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