

Going home from the EPS Lab

After your procedure today in the EPS Lab there are a few things to watch out for when you go home:

- Limit your lifting to less than 4 kilograms or 10 pounds for the next 2 to 3 days.
- If you see blood on your bandage, place firm pressure on the area for 5 minutes. If the bleeding continues, call your doctor or go to the Emergency Department.
- If you develop a lump under your bandage and it continues to get bigger, place firm pressure on the bandage. Then, call your doctor or go to the Emergency Department.
- You may shower the next morning. Do not soak in water such as a pool, hot tub or bathtub for the next 3 days.
- Remove your bandage after your shower, pat area dry and replace with a new bandage.
- You can walk or do gentle exercises when you get home. Do not do strenuous exercise for the next 3 days.
- Ask your doctor when you will be able to return to your regular exercise routine.
- Ask your doctor when you will be able to return to work. The type of work you do will determine when you can return to work.

Sedation

Although you may feel fine the next day, the effects of the sedation may still be with you.

For the next 24 hours, do not:

- drive a vehicle or motorcycle
- operate machinery
- drink alcohol
- make major or legal decisions

If you had an electrophysiology procedure/ablation, do not drive a vehicle or motorcycle for 48 hours.

Side effects of other medications

- **Fentanyl** – This medication is used to relieve pain. It may cause nausea, vomiting, itchiness, dizziness and drowsiness.
- **Midazolam** – This medication helps to reduce anxiety. It may cause dizziness, drowsiness and blurred vision.

Will I have to take any medications?

Before you go home, talk about your medications with your doctor or nurse.

Follow-up appointments

Talk to your doctor or nurse about your follow-up appointments.

You must arrange to have someone drive you home from the hospital.