Subang Jaya
Medical Centre

Radiofrequency Ablation **(RFA)**



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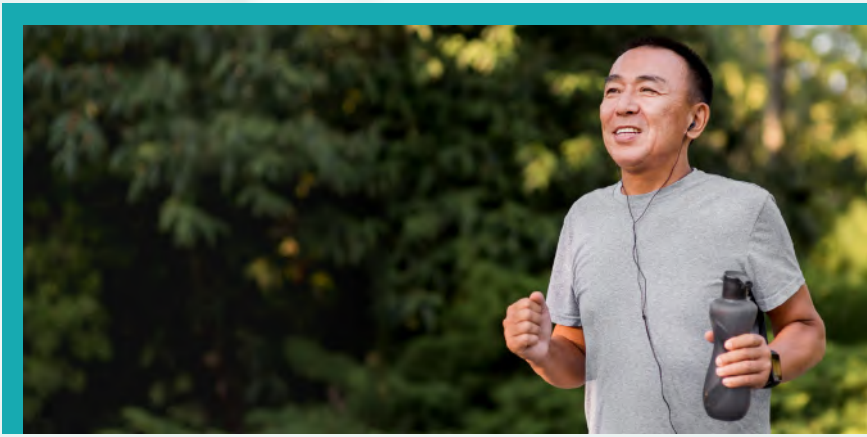
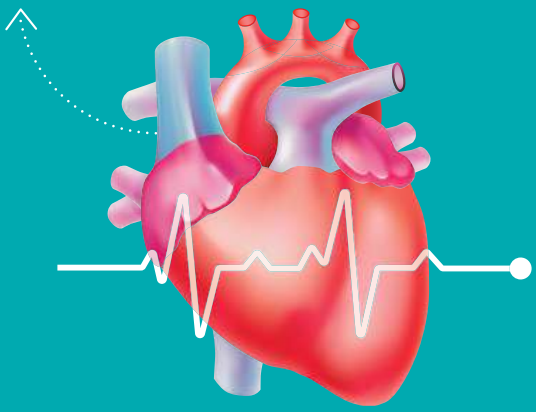


01

What is **radiofrequency ablation (RFA)?**

It is a medical procedure commonly used in electrophysiology to treat certain heart rhythm disorders, particularly those caused by abnormal electrical pathways. It involves the insertion of catheters (thin, flexible tubes) into the heart.



Why do **I need this study?**

- To assess heart electrical activity.
- If you experience symptoms such as syncope (fainting) and heartbeat irregularity.

Learn more from the American Heart Association (AHA)

Arrhythmia

Electrophysiology Studies

Ablation

02

Patient **Journey**

Before Admission



- You will be admitted to the Cardiac Ward (2A Ward at South Tower) a day before or on the procedure day.



- You may require blood investigations.

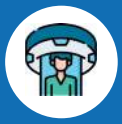
On **Procedure Day**



- Your doctor does a daily routine assessment.
- Your informed consent will be obtained. You may ask any questions you may have.



- Hair in the groin area is removed.
- You are instructed not to eat or drink for a certain period before the procedure, usually starting the night before the procedure or at least 6 hours prior to the procedure.



- Our staff will transfer you to the Cardiac Catheterisation Lab.
- You may or may not receive medication prior the procedure (mild sedative).

On Procedure Day
(in the Cardiac Catheterisation Lab)



- Local anaesthetic is injected into the groin or neck to minimise discomfort.



- A catheter (thin, flexible tube) is inserted. Catheters have electrodes at their tips to measure electrical signals.



- Arrhythmias are induced (if necessary).
- Radiofrequency Ablation is done (if necessary).



- The catheter is removed once the electrophysiological study is complete. Pressure may be applied to the insertion site to minimise bleeding.

Post Procedure



- You will be monitored in the Coronary Care Unit (CCU) for a period to ensure there are no immediate complications and will be transferred to the ward if allowed by the cardiologist.



- Your vital signs and the insertion site will be checked regularly.

Post Procedure Care



- Keep the catheter site clean and dry and avoid activities that could stress the area.



- Rest is recommended for several hours following the procedure. Avoid strenuous activities and heavy lifting.

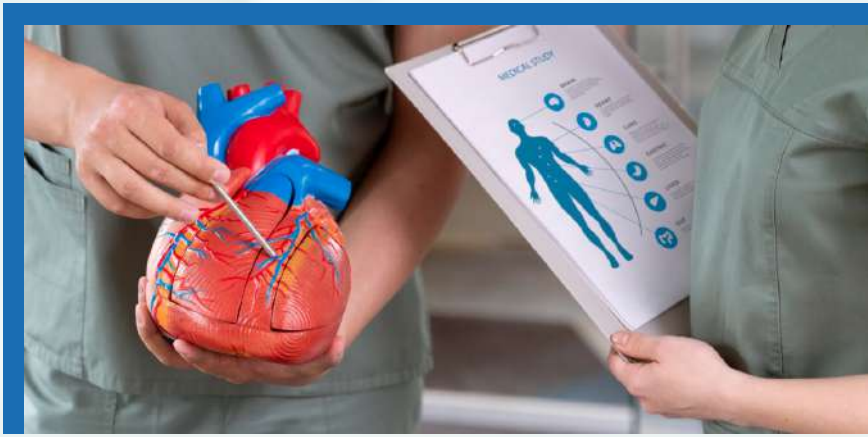


- Drink water as recommended to maintain hydration.



- Please inform the nurse if you experience any pain. Your cardiologist may prescribe a medication to relief your pain.

- Monitor complications such as increased pain, swelling, redness, or bleeding at the catheter insertion site. Report any concerns promptly to your doctors.





03

Take Home Message

- Take prescribed medications as directed, especially anti-arrhythmic drugs or medications to prevent blood clots.
- Attend any follow-up appointments with your electrophysiologist or cardiologist.
- Watch for recurrence of symptoms such as palpitations or dizziness.
- Resume normal diet.
- Avoid smoking and alcohol intake.

Patient Info

Patient Sticker

Weight

Height

BMI

Date of Diagnosis ≤ 18 months ≥ 18 months

Treating Cardiologist

Contact No.

Diagnosis & Summery

Patient Log

Date	Time	Remarks

Optimization Of Medical Therapies

Clinic Vist date			
	Drug Regimen (Name, dose & frequency)	Drug Regimen (Name, dose & frequency)	Drug Regimen (Name, dose & frequency)
Others	Dose: Od//bd/tds	Dose: Od//bd/tds	Dose: Od//bd/tds
	Dose: Od//bd/tds	Dose: Od//bd/tds	Dose: Od//bd/tds
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Clinic Vist date			
Others	Drug Regimen (Name, dose & frequency)	Drug Regimen (Name, dose & frequency)	Drug Regimen (Name, dose & frequency)
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Notes

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www.sjmcheartcentre.com

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