

Atrial flutter

Information for patients



Following our discussion in clinic you have been put on to the waiting list for an electrical study of your heart. If possible, we will perform ablation to treat your heart rhythm disturbance (Atrial flutter). We discussed the pros and cons of your treatment options in clinic. Hopefully this letter will help you remember some of the things that were covered.

- Ablation for atrial flutter involves placing catheters in to the heart via veins at the top of the legs.
- Local anaesthetic is used to numb the skin before placing small tubes in to the veins.
- If typical atrial flutter is confirmed when we have wires inside the heart then the chance of successfully treating atrial flutter by heating the tissue is approximately 95% (95 out of every 100 procedures performed).

There is a small risk associated with this procedure. The chance of complication with this procedure is approximately 1%. This means that one person would experience a complication for every 100 procedures performed. Life threatening complications are extremely rare.

Possible complications are summarised below:

- There is a very small possibility of stroke. Roughly one stroke occurs in every 1000 procedures.
- Bleeding around the heart that needs to be drained with a needle and tube sometimes happens. This would happen approximately three times for every 2000 procedures done.

- Bleeding due to placement of tubes at the top of legs happens in three out of every 1000 procedures.
- Damage to the electrical system that would need another procedure to place a pacemaker happens very rarely with this type of procedure.

Other options for the management of your palpitations were also discussed with you in clinic.

When thinking about the options you should think about:

- The chance and impact of having palpitations with or without tablet treatment.
- The chance of palpitations limiting your activity or the need for hospital admission for treatment.
- Some patients have side-effects with medication such as feeling tired or having a slow heart rate.

Further information can be found on the internet at www.hearhythmalliance.org.

Before your procedure we would also encourage you to watch a short video explaining your procedure. This can be accessed by accessing this website (available in multiple languages) listed below:

www.explainmyprocedure.com/a-flutter-ablation-leads

or scanning the QR code

The code to access the video via the QR code is: **takeheart11221**



If you have any questions you would like to ask before coming to hospital for your procedure please contact us via the arrhythmia nursing team on:

07584 184 507 or
0113 392 5884.

Alternatively email:
arrhythmia.nurses@nhs.net



What did you think of your care?

Scan the QR code or visit **bit.ly/nhsleedsfft**

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