



Electrophysiological Study (EPS)

Patient information



What is it?

An electrophysiology study (EPS) analyses the electrical activity of the heart in patients who have problems with their heartbeat (arrhythmias).

An EPS shows the reaction of the heart to electrical impulses. These signals help your cardiologist to find out where the arrhythmia starts and what medications or other therapies may help control it.

What should I expect?

You will most likely have some tests (such as an ECG) before the EPS. Once you are in the electrophysiology laboratory, you will see television monitors, heart monitors and blood pressure machines.

You will lie on an examination table, which is usually near an x-ray camera.

- The ECG leads are attached to stick-on electrodes which are placed on different parts of the body such as the chest, arms and legs
- Small metal disks called electrodes are placed on your chest. These electrodes have wires called leads, which attach to an electrocardiogram machine and monitor your heart rhythm during the test

Sometimes a general anaesthetic is given before the procedure, although some procedures are performed under sedation and local anaesthetic. The nurse may shave the area of your leg where the cardiologist will insert the catheters.

- The cardiologist will make small incisions in the skin to feed the catheters into veins or arteries in your leg, and then up to your heart
- Once the catheters are in place, the cardiologist will give your heart small electrical impulses to make it beat at different speeds
- The catheters will record the response to these impulses. You may be able to feel your heartbeat changing speeds and this may feel strange



The cardiologist will remove the catheters after acquiring all the necessary information. Firm pressure will be applied to the sites where the catheters were inserted to stop any bleeding.

You will then be moved to another room where you will need to rest for a few hours. You may feel a little sleepy until the sedative has worn off. Try to lie still and do not bend your hips too much. Nurses will monitor your heart rate and blood pressure to make sure they are normal. You may be discharged the same day or the following day.

Preparation

Do not eat or drink anything for six hours before your test. If you have diabetes, talk to your cardiologist about food and insulin intake, as these can affect your blood sugar levels.

- Also ask whether the medications you currently take should be stopped before the test, as some medications can cause significant complications with the test
- Finally, bring a list of your medications with you to the procedure on the day

Make sure you **read the consent form** and understand the risks involved with this procedure. Please clarify any concerns or queries about this procedure with your cardiologist before signing the form.

What happens after the test?


- You need to be gentle with the puncture sites for a day or so – absolutely no heavy lifting
- Do not drive for 24 hours after your test

The doctor will usually have your results available at the end of the test. They will advise you about any further treatments or changes needed to existing treatment.

For more information:

advaraheartcare.com/EPS

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