

TALKING TO YOUR DOCTOR

As you discuss your arrhythmia treatment options with your doctor, it may be helpful to have a checklist of topics to go over and/or a list of questions you can ask at your next appointment. In the moment, it's sometimes hard to remember all of your concerns, but listing them out ahead of time or using one of these convenient guides can help. Taking notes during your conversation with your doctor can help you remember key points you discussed so you can share this information with friends and family.

YOUR NEXT DOCTOR APPOINTMENT

As your doctor creates a treatment plan, you also have a role to play. Prepare yourself to talk with your doctor about topics such as your test results, the severity of your arrhythmia, treatment options and what to expect during treatment procedures. Consider the items outlined in the Treatment Conversation Checklist below.

Treatment Conversation Checklist

- Test results: Talk through the results of your electrocardiogram (ECG), Holter monitor, recorder, EP study, tilt table test or stress test.
- Severity of your arrhythmia: Talk about the current state of your arrhythmia and how it's affecting the function of your heart.
- Recent illnesses or concerns: Let your doctor know if you've been sick or are experiencing other conditions that may interfere with the procedure.
- Treatment options: Have an open discussion about the advantages and disadvantages of various treatment options and find out what may be best for you.
- Ask your doctor how many procedures he or she has performed like the one you are having.
- Talk through the procedure and how long it will take; ask about your recovery and what to expect when you return home.
- Find out what will be expected of you to ensure the best possible outcome.
- Medications: Go over any medications you will be taking before or after the procedure, including medications to avoid.
- Lifestyle: Talk through healthy lifestyle changes that could aid in your recovery and your overall heart health.
- Find out about how regularly you will be meeting with your doctor in the days, weeks, months and years following your procedure.

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