

Your Child's EP Study and Ablation: Before the Procedure

The heart has its own electrical system that helps keep the heart in rhythm and helps control how fast it beats.

An EP study, also called an electrophysiology study, tests how well the electrical system in your child's heart works.

If there is tissue in the heart that's causing problems, the doctor will do an ablation procedure to destroy the tissue.

These areas are usually tiny.

Before the test and procedure, your child will get medicine, so they won't feel anything during the procedure.

The doctor will not make any cuts.

Instead, the doctor makes a small poke in a blood vessel in your child's groin, arm, or neck, and puts a thin tube called a catheter into the blood vessel.

Then the doctor moves the catheter through the blood vessel to the heart.

The catheter records the electrical signals in the heart.

The doctor will use a type of energy such as radio waves to destroy—or ablate—those places that are causing the problem.

Before the test and procedure, tell the doctors about all medicines and natural health products your child takes.

Some can raise the risk of bleeding or cause problems with anesthesia.

Your doctor will tell you which medicines your child should take or stop before surgery.

Follow your doctor's directions for preparing your child, including when your child should stop eating and drinking.

Bring your photo ID and any paperwork your hospital asked for.

And ask if you can bring a favorite toy or blanket to help comfort your child.

Some hospital care teams include a child life specialist.

If yours does, this person can help you and your child understand your child's health condition, prepare for the procedure, and get emotional support.

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Preparing for an EP study and ablation may be stressful for you and your child.

But knowing what to expect and how to prepare can help.

And if you have any questions or concerns, you can always call your doctor.

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