
Your
HEART
is in good hands.


Your MEDICAL TEAM will take
great care of you.
They are a team of EXPERTS.


They have
SUCCESSFULLY
done this procedure
many times on
so many kids,
just like you!

Are you feeling

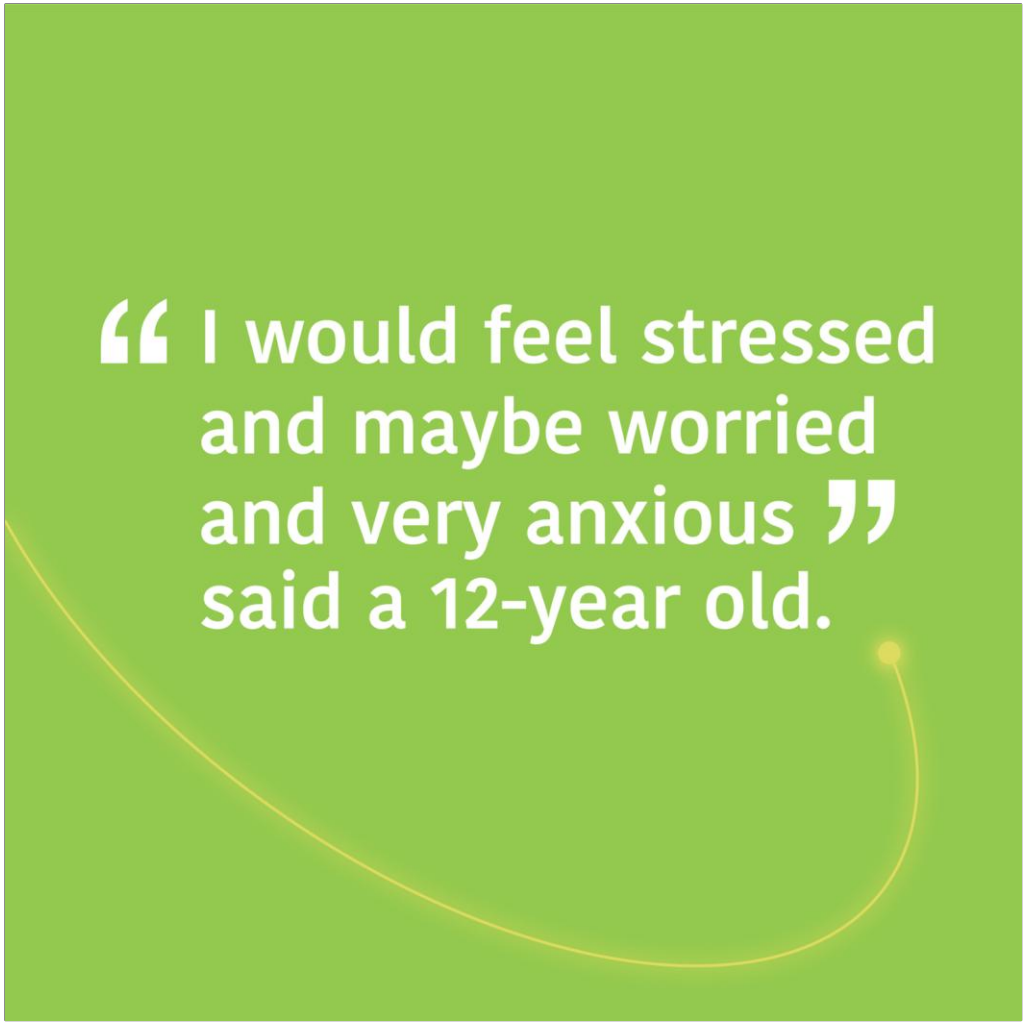
NERVOUS?

It’s totally OK to feel nervous, scared, or stressed about your upcoming heart ablation.

In fact, anyone in your shoes would feel this way.

We asked kids your age how they would feel ahead of an ablation procedure and MOST of those who have never had a procedure, said they'd feel that way too.

IT'S NORMAL.


“I would feel stressed and maybe worried and very anxious” said a 12-year old.

An 11-year old said

“ Nervous but confident in medical staff ability. ”

And one 15-year old said they'd feel

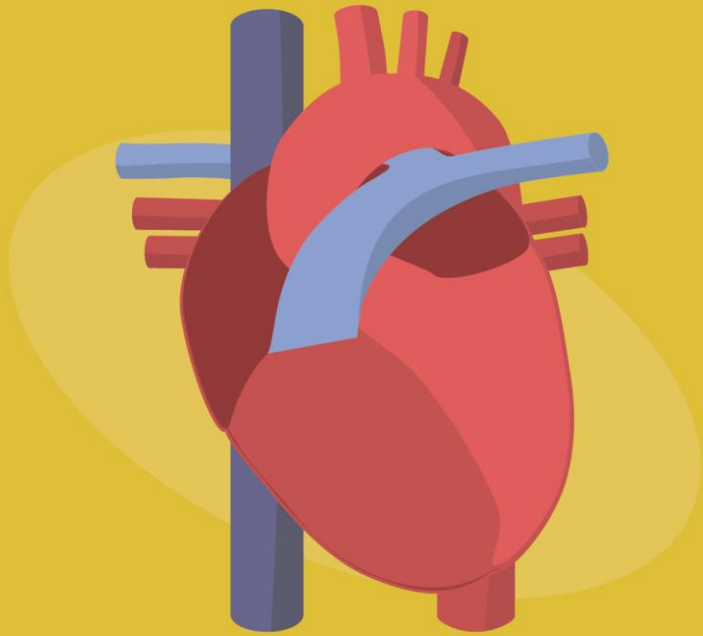
“ Nervous, fear, uncertainty... excitedness, trust. ”

And one doctor even said

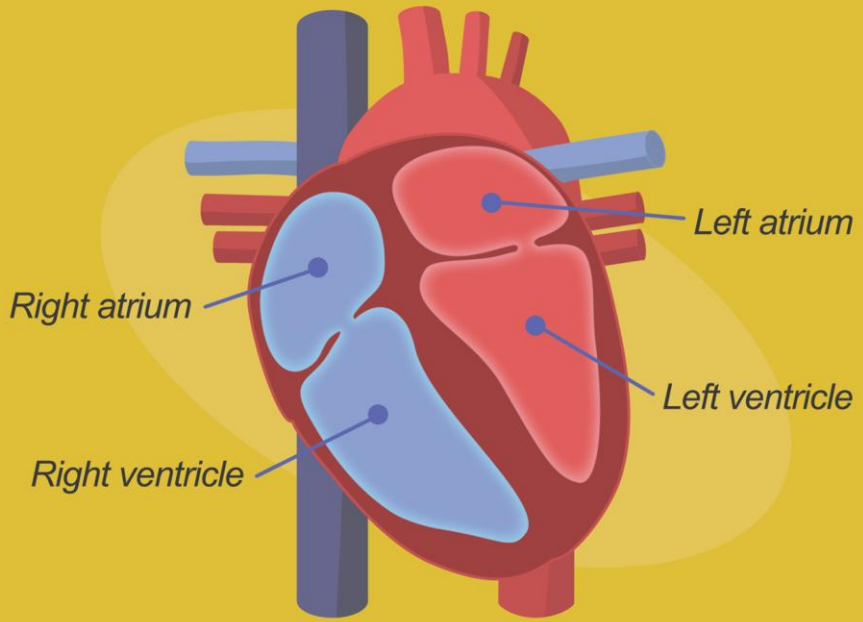
“It would be WEIRD if you weren’t nervous!”

Remember, your heart is in good hands.

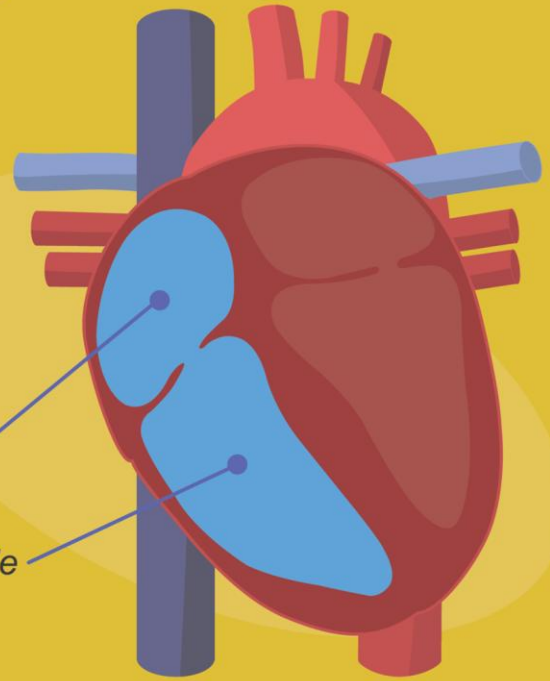
QUICK HEART ANATOMY



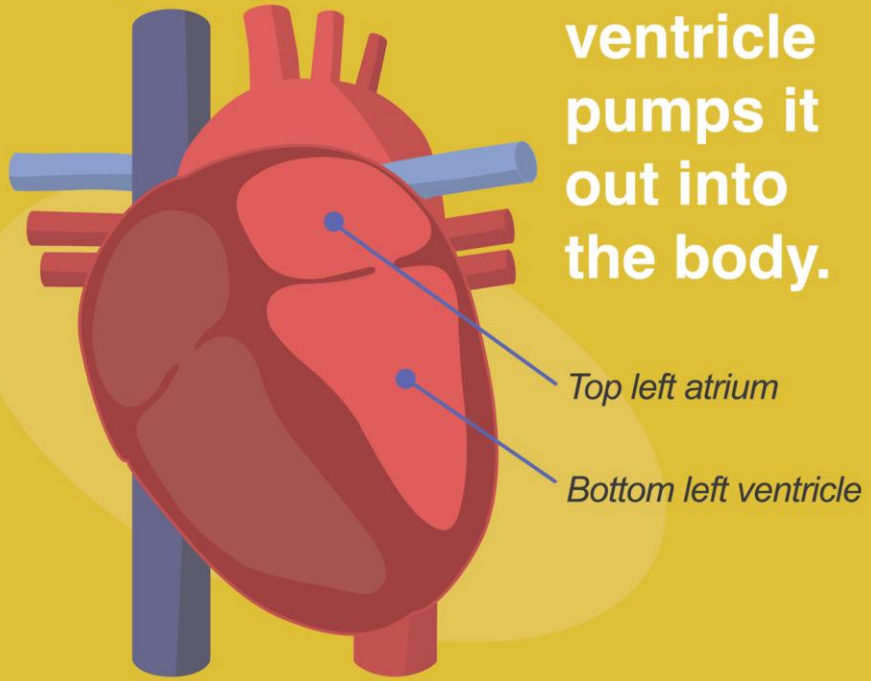
The heart has four chambers: Two upper chambers called the **atria** and two bottom chambers called the **ventricles.**

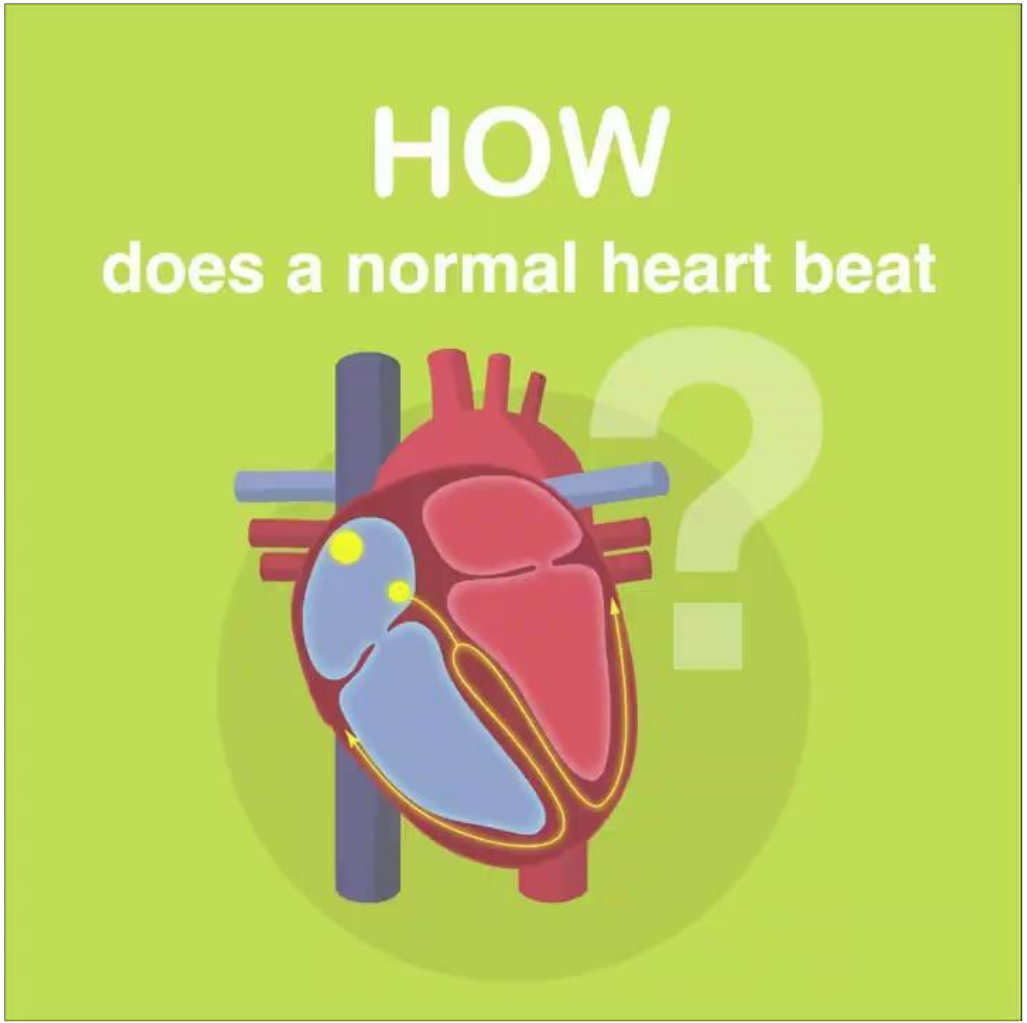


The top right atrium collects blood from the body and the bottom right ventricle pumps blood back to the lungs.



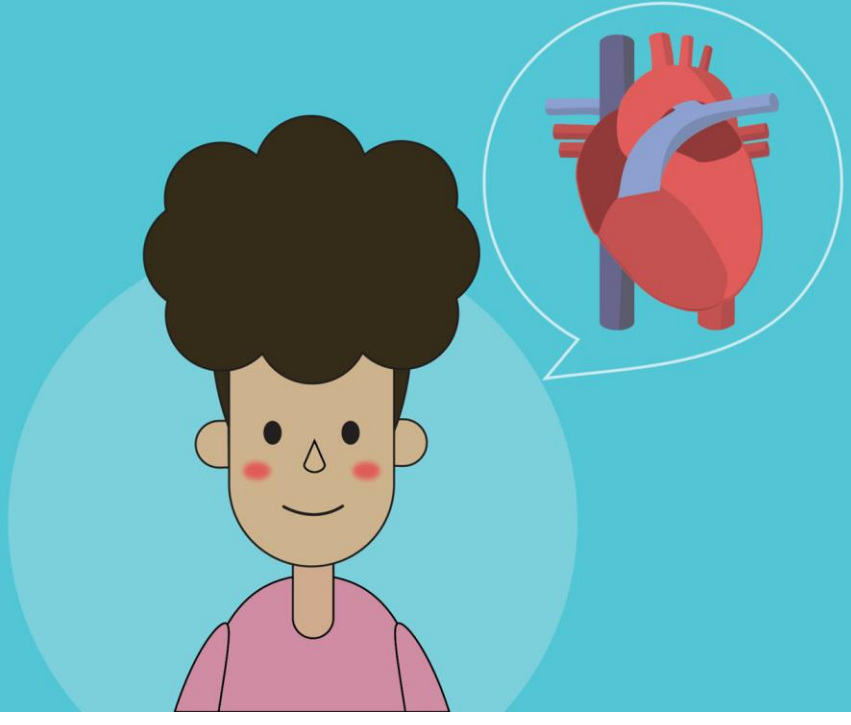
The top left atrium collects oxygenated blood from the lungs and the bottom left ventricle pumps it out into the body.





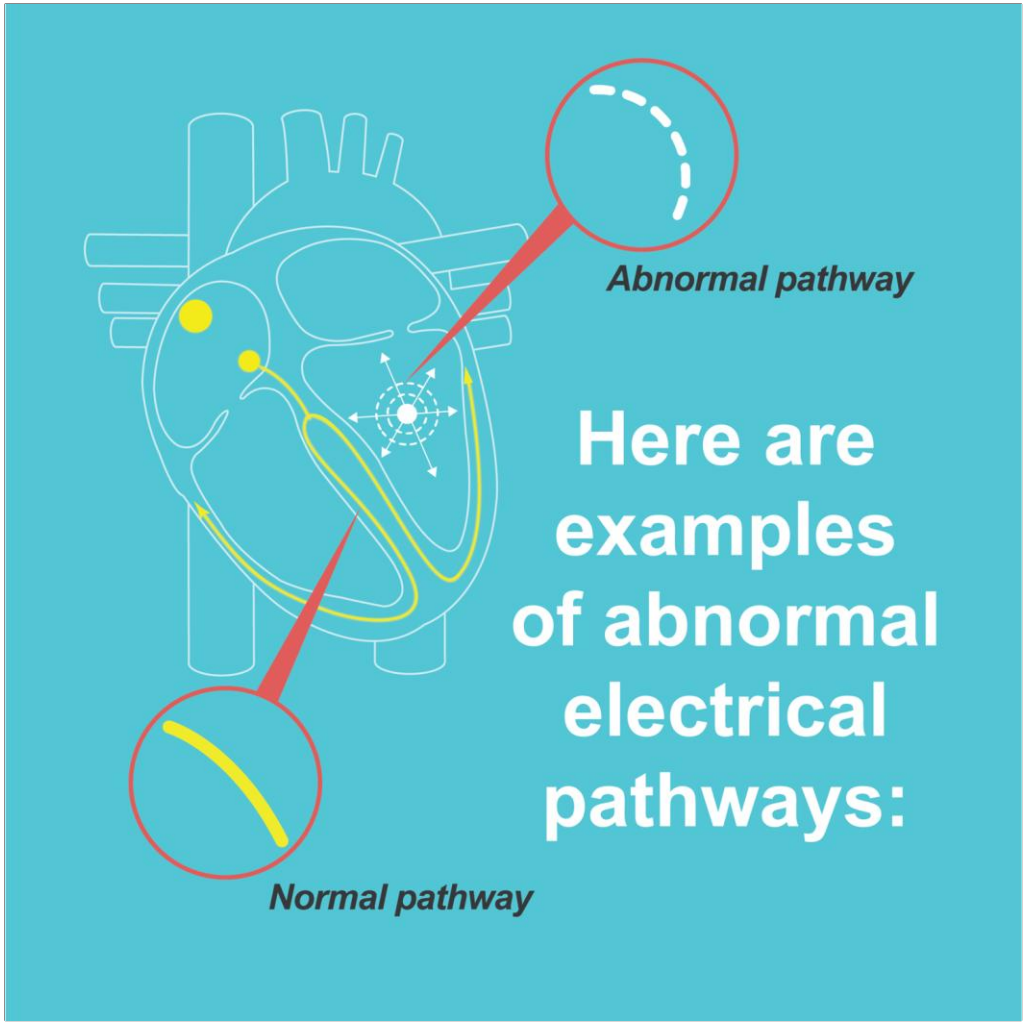
Press play to view video

What makes my heart DIFFERENT?

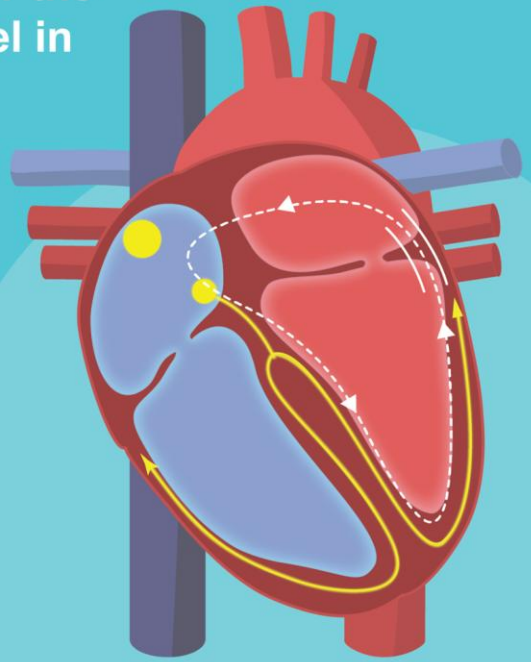


In your heart there is an extra electrical connection or group of cells that redirects the normal flow of electricity resulting in tachycardia, or a fast heartbeat.

Electrical activity that is TOO FAST disturbs the normal rhythm of the heart, and is called tachycardia.

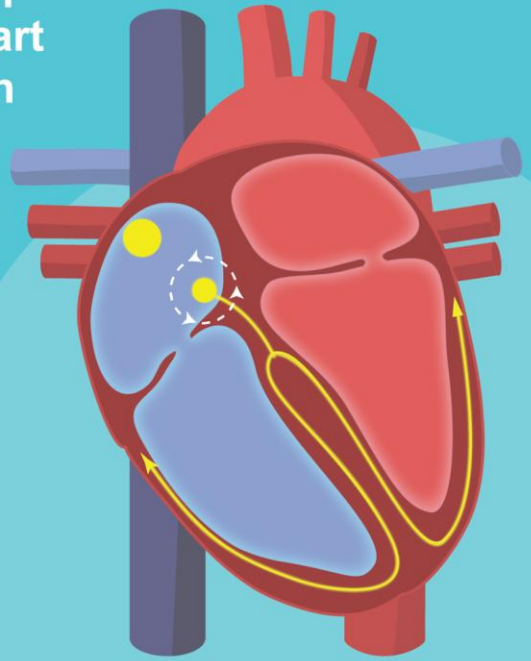

Abnormal pathway
Here are examples of abnormal electrical pathways:
Normal pathway

In AVRT there's an extra electrical connection, made up of a group of cells, creating a loop for the electricity to travel in a circle, causing the heart to beat too quickly.



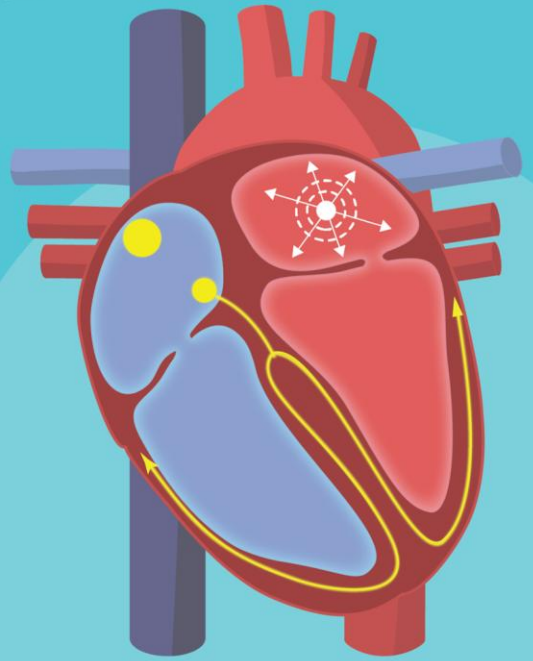
Atrioventricular Re-entrant Tachycardia

In AVNRT the electrical signals in the heart get caught in a loop around the AV node. This loop can cause the heart to beat faster than normal at times.



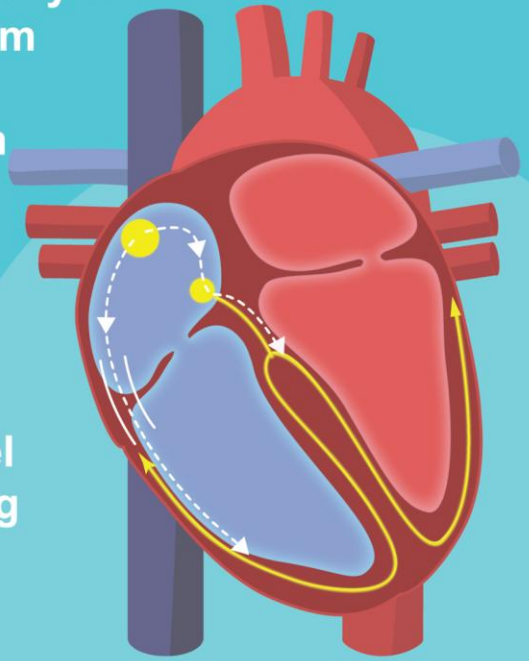
Atrioventricular Nodal Re-entrant Tachycardia

In EAT the upper chambers of the heart beat faster than normal because of abnormal electrical signals that start outside the sinus node, the normal pacemaker of the heart.



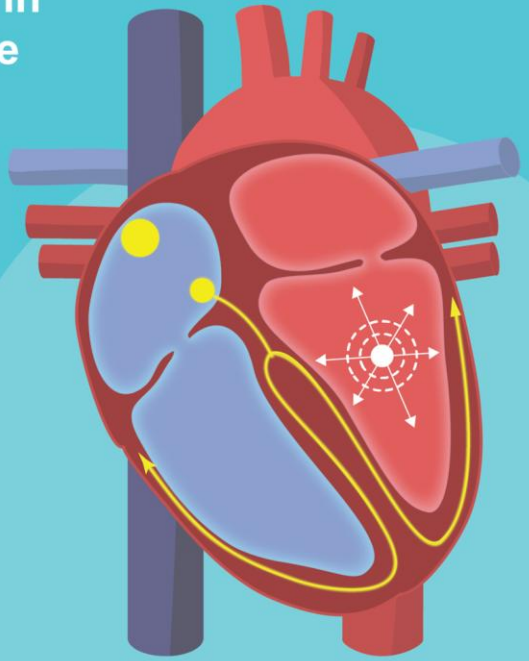
Ectopic Atrial Tachycardia

In WPW there's an extra electrical connection, made up of a group of cells, that allows electricity to travel to the bottom chambers of the heart quicker than it is supposed to. This extra connection can also create a loop for the electricity to travel in a circle, causing the heart to beat too fast at times.



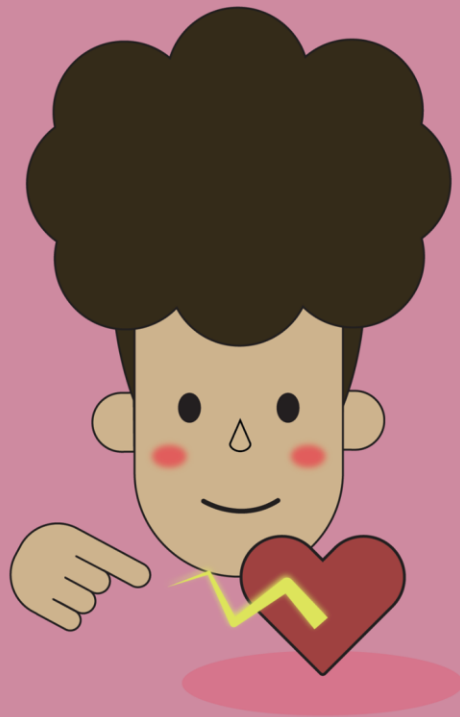
Wolff-Parkinson-White syndrome

In VT instead of the sinus node controlling the rhythm, abnormal electrical signals in the ventricles take over the pacemaking role, causing the heart to beat too fast at times.

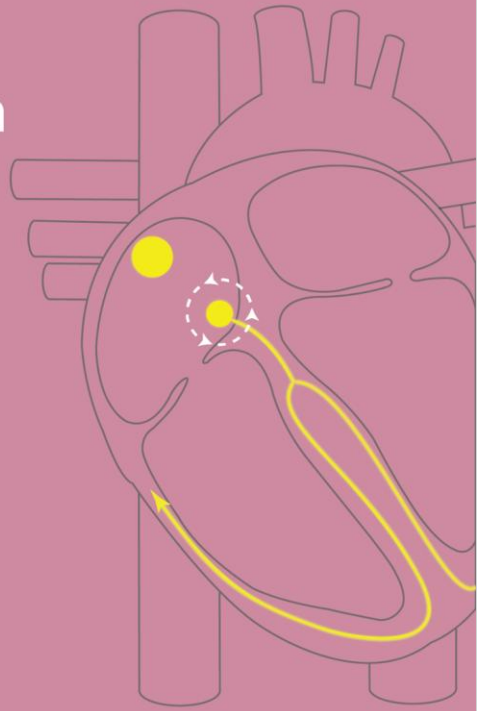


Ventricular Tachycardia

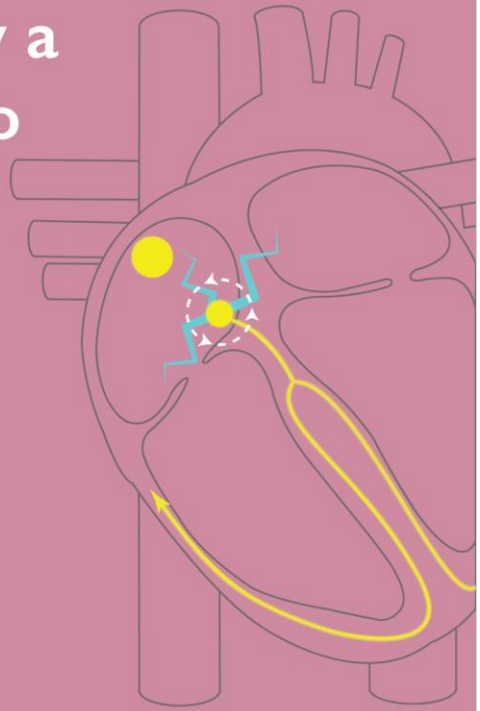
WHY
AN ABLATION PROCEDURE?



It is to find the exact location of the extra electrical connection or group of cells in your heart, which are the source of your abnormal heartbeat.



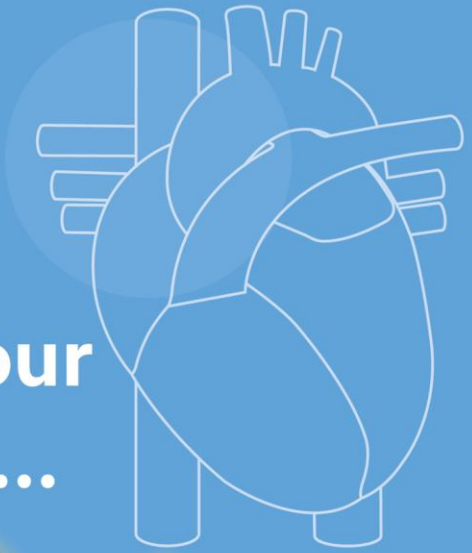
When your medical team finds the extra connection, they will apply a local energy to get rid of it, as long as it's in a safe location.



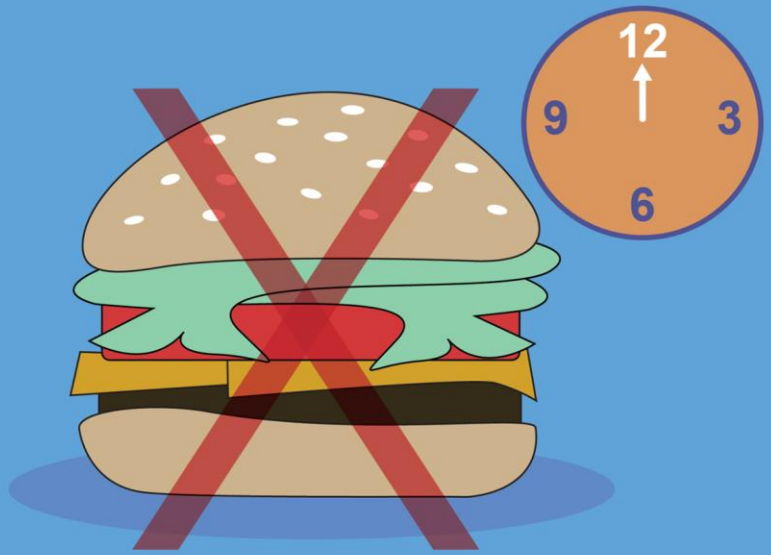
The ablation procedure is a safe procedure with a very high success rate.

This procedure is a potential cure for your tachycardia.

WHAT
to know BEFORE your procedure...

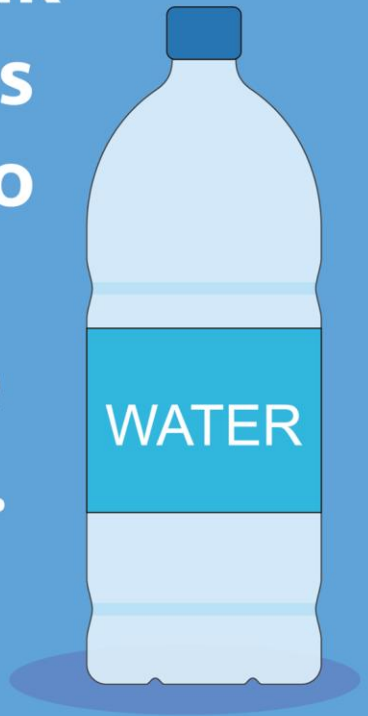


Don’t eat as of midnight before the procedure.



The team will let you know ahead of time if you should stop taking any medications.

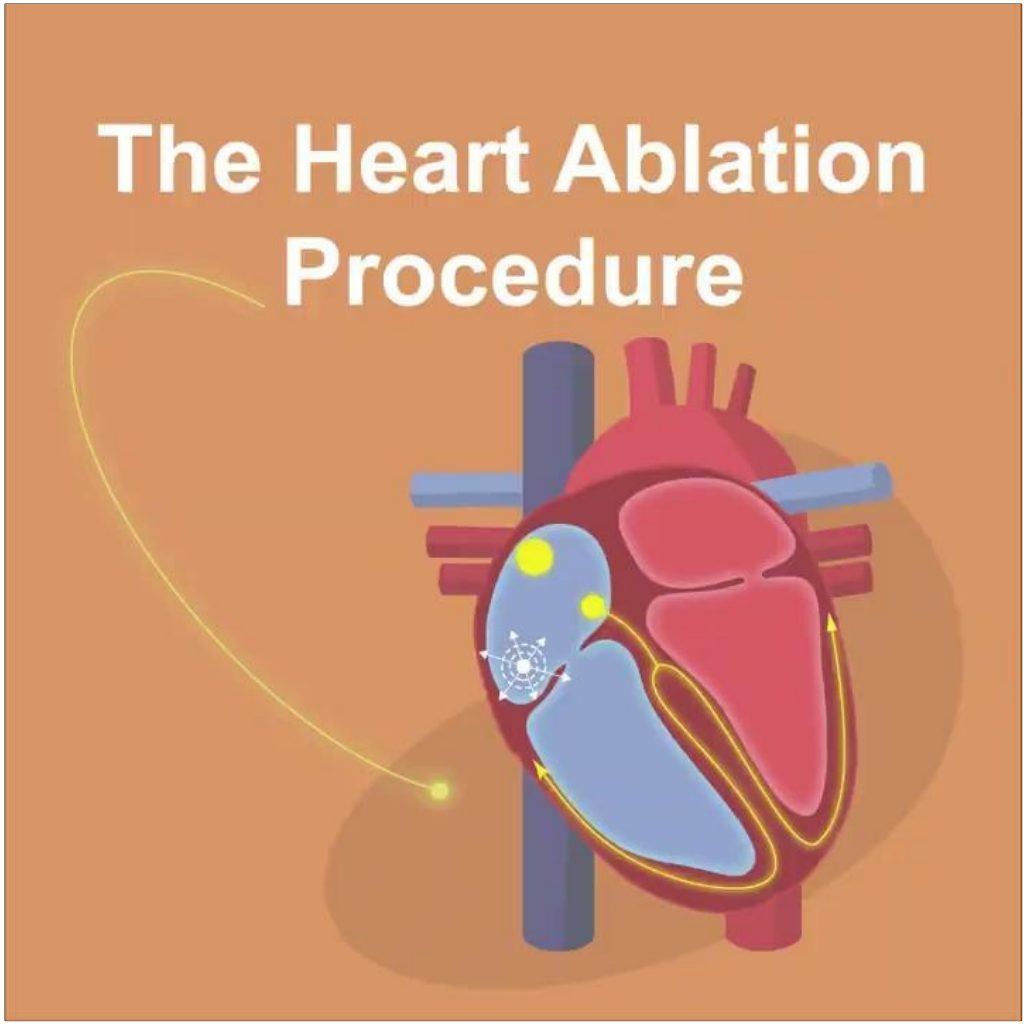
You can drink clear liquids up to one to two hours before the procedure.



This includes any clear coloured liquids you can read through! ...

YES
to apple juice

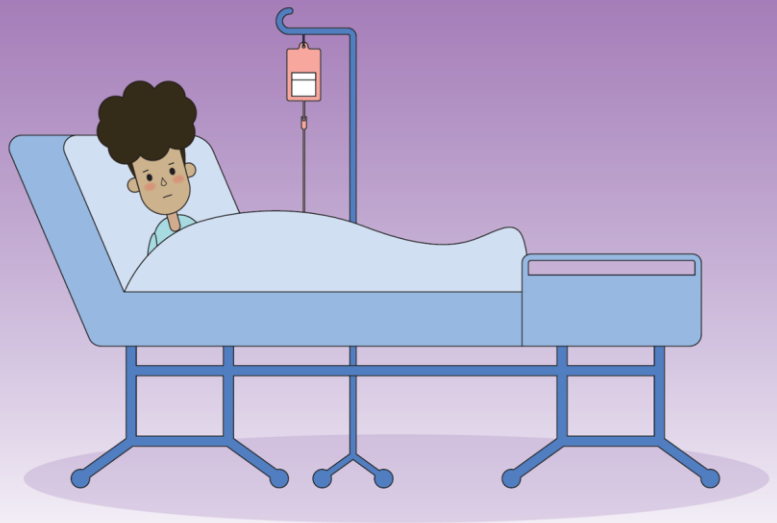
NO
to orange juice



Press play to view video

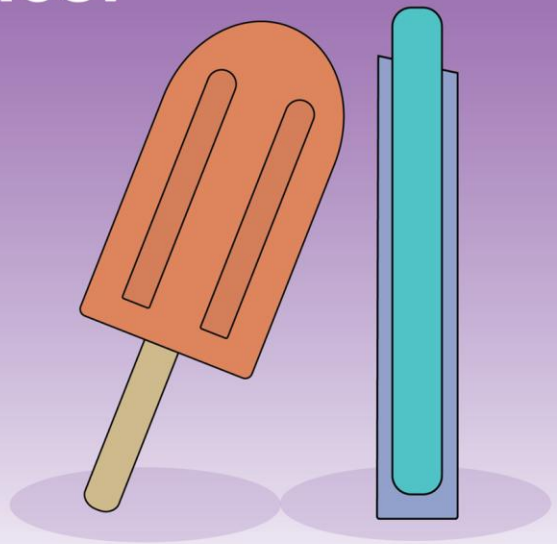
AFTER
the ablation procedure

You will stay in the recovery area for about two to four hours.

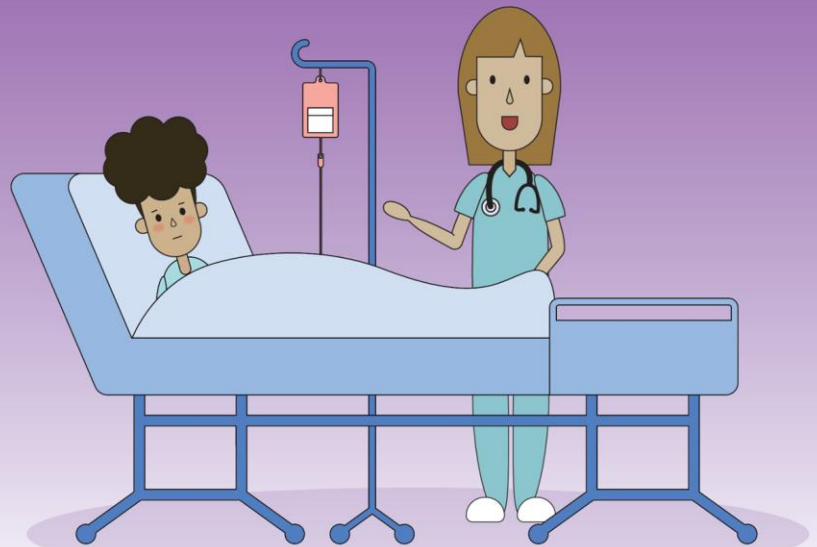


During this time, you will be monitored and you'll be able to start drinking and eating. Your nurse will start you with sips of clear fluid.

You can also ask the team for popsicles or freezies!



Your doctor will come by to check on your progress.



Once the team is happy with your progress you are ready to go home!

After leaving the hospital ...

You should take it easy for a few days after the procedure to let your groin area heal.

Your team will give you exact details about when you can:

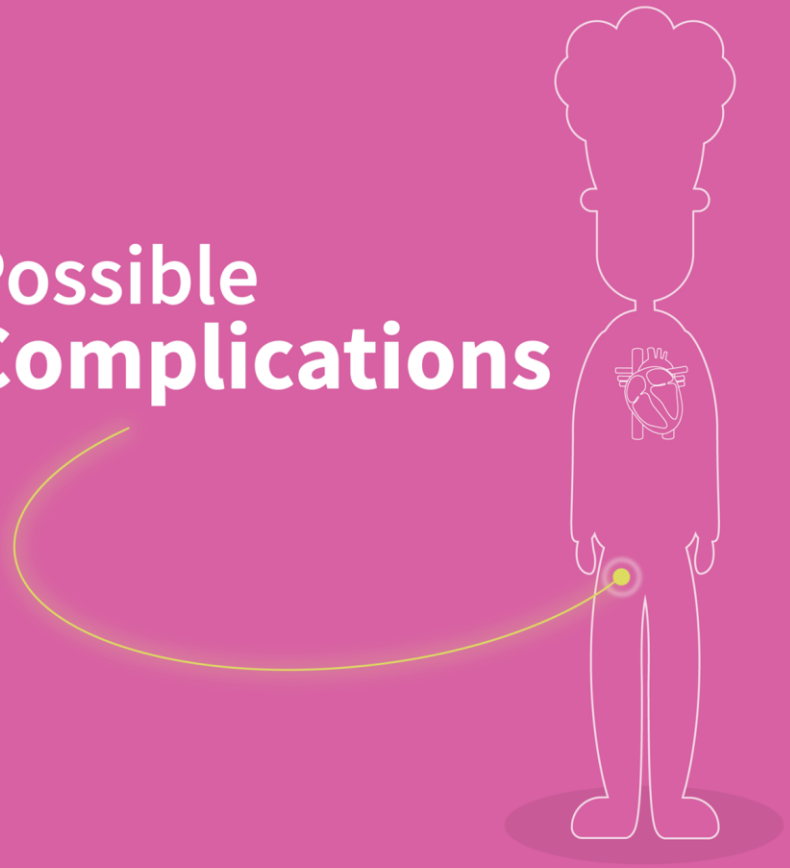
Go back to school

Take a bath or shower

Go back to your regular sports activities (*usually after 1-2 weeks*)

You'll also have a follow up with your doctor.

Possible **Complications**



Most common complications are mild, and include:

- sore leg
- bruising or bleeding from the groin areas where the catheter was inserted

More serious complications are rare and occur in less than 1-2% of cases, and include:

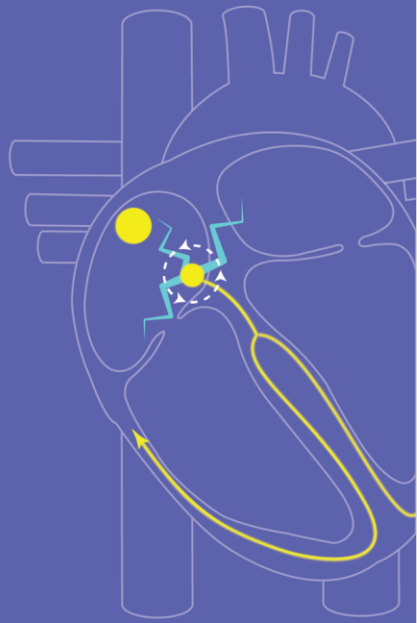
- bleeding around the heart
- heart damage and need for a pacemaker
- stroke
- heart attack

Serious complications are very rare and the team has ways to keep you safe.


90% to 95%
Success
Rate for SVT!

The ablation procedure is a safe procedure with a very high success rate and is a potential cure for your tachycardia.

In 90% to 95% of cases we find and get rid of the extra connection at the time of the procedure.



Here's what previous patients had to say

“It’s a debilitating disease... so it’s worth it to get the ablation.”

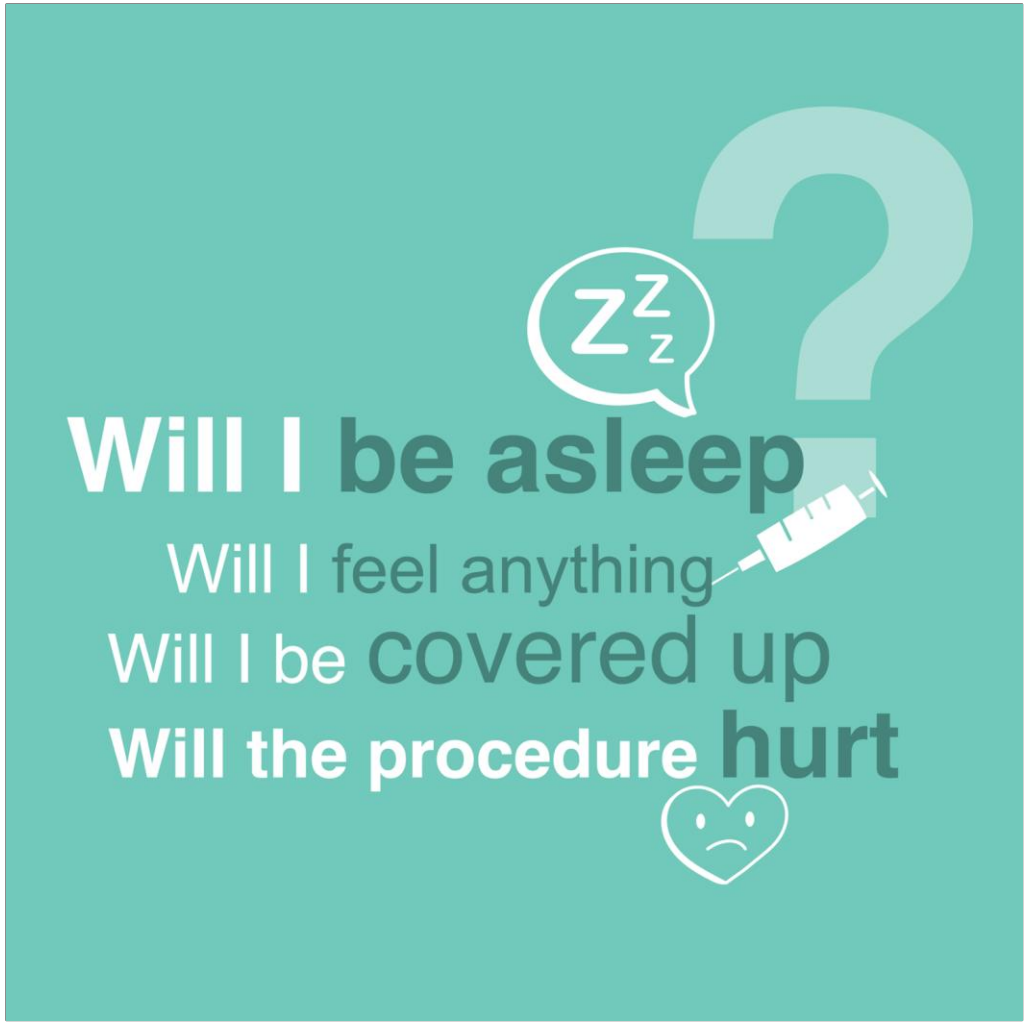
Ryan, age 16

“I felt nervous before the ablation procedure, but now I feel perfectly great and can’t wait to play hockey and soccer again with my fixed heart.”

Anthony, age 9

“I felt really good, I felt like I was going to be able to do a lot more... don’t worry if you are getting it done.”

John, age 16


Will I be asleep
Will I feel anything
Will I be covered up
Will the procedure hurt

You will be asleep and will not feel what is happening during the procedure.

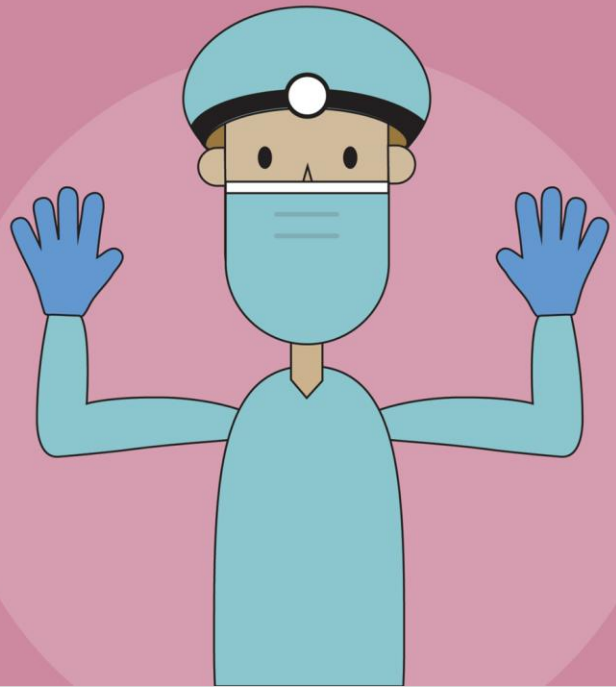
You will be fully covered for the procedure, except for small circles around the groin sites for the doctors to place the wires.

After the procedure you may have some soreness in the groin area, but this is usually minor and can be treated with medication at home.

Will I be
AWAKE
for the procedure?

You will be put to sleep for the procedure and will not remember the procedure itself.

Is this a SURGERY?



NO.

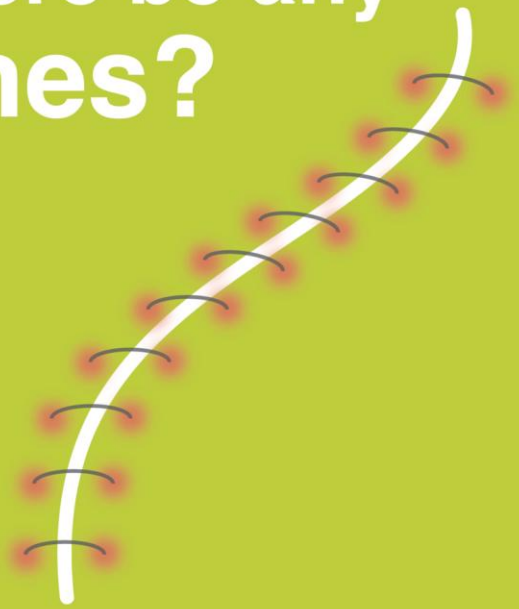
This is not a “surgery” because there is no cutting or stitches.

We call this a

“procedure”

because we are working inside the body to change things.

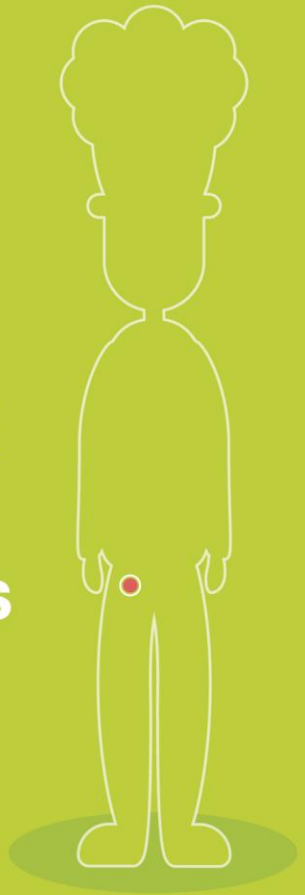
Will there be any stitches?



NO.

There will not be any stitches to remove afterwards.

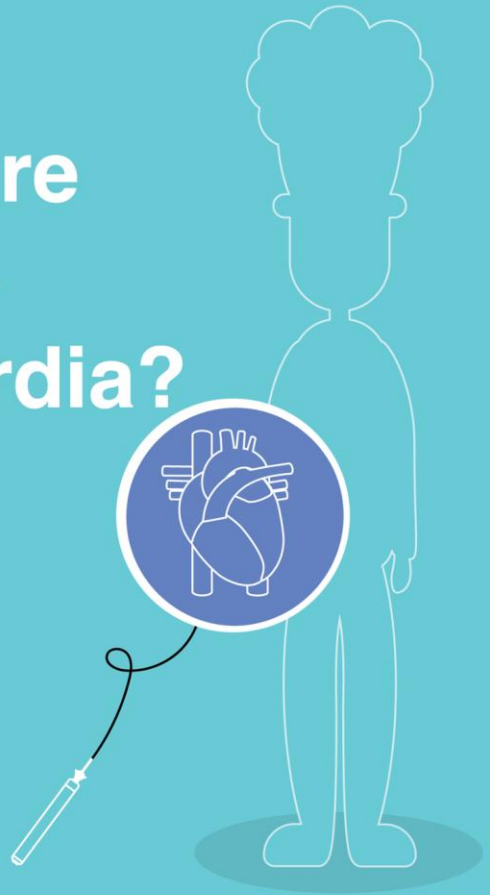
After the procedure you will see small marks in the groin area from where the little tubes and wires were put in for the procedure.



How long will the procedure last?

The procedure typically lasts for 3-4 hours, but may be longer if it is hard to find or to get rid of the extra connection.

Will this procedure FIX my tachycardia?



In 90-95% of cases, we are able to find the extra connection and get rid of it.

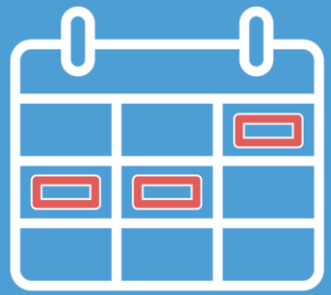
There is a small chance that the extra connection can heal and start working again after the procedure.

If we are able to find the extra connection, get rid of it, and it does not start working again after the procedure, then this is a permanent cure for your SVT.

Will I be able to play SPORTS afterwards?

After the procedure only do light activities for the first 3-4 days. You can walk and climb stairs, but not do any heavy lifting or play sports.

You can slowly get back to your regular activities after those first 3-4 days.



Your doctor will recommend you avoid full intensity of activities for 1-2 weeks.

We want you
and your heart
to heal well.