

# EPS (Electrophysiology Study)

EPS is a test that checks the electrical system of your heart. It is done to find why you are feeling faint or dizzy or having irregular or fast heart beats.

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or leave alone.

**Arrive on time for your test.** The test takes 1 to 4 hours.

## To Prepare

- Do not eat or drink anything, including water, after midnight before your test.
- Ask your doctor if you should take your medicines the morning of your test. If so, take with sips of water only.

## During the Test

- You will wear a hospital gown and lie on an x-ray table.
- An IV (intravenous) is put in a vein in your arm.
- You are awake during the test. You may be given medicine in your IV to help you relax.
- Small pads are put on your back, chest and legs to check your heart. For men, chest hair may need to be clipped.
- A blood pressure cuff is put on your arm. Your blood pressure and heart rate are checked during the test.
- You are covered with a sheet and your gown is removed. Keep your hands under the sheet.
- Either your groin or your arm will be cleaned. Your groin may be shaved if used.
- The doctor numbs your groin or arm. This stings for a few seconds. After this, you should only feel pressure and no pain.
- A needle then a soft tube called a catheter is put into your blood vessel. The doctor watches on the screen as the tube is moved to your heart.
- The doctor will put some wires through the tube into your heart. You may feel a pinch in your back.
- You may feel skipped heart beats or fluttering. This is normal. If you feel any pain or discomfort during the test, tell your doctor.
- Your heart beat and your blood pressure are measured by the wires.
- During the test, the table may be moved so your head is up. Your neck may be rubbed. You may be asked to hold your breath and push as if you are having a bowel movement. You may be given medicines.
- The tube and wires are removed.
- Pressure is put over the site for 5 to 15 minutes to stop bleeding. A bandage is put over the site.
- The doctor will talk to you about your test results.

## After the Test

- If the groin site was used:
  - ▶ You need to lie flat in bed for the next 6 hours with your leg straight.
  - ▶ During this time, you must use a bedpan or urinal instead of getting up to go to the toilet.
- Your site, pulse and blood pressure will be checked often.
- You can eat and drink.
- The IV will be removed before you go home.
- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- The site will be tender for 1 to 2 days after the test.

## Your Care at Home

### Today

- Rest at home.
- Eat your normal diet.
- Remove the pressure bandage at bedtime and put on a clean band-aid.

### Other Care

- You can take a shower.
- Do not take a tub bath for 1 week after the test.
- Do not scrub the site.
- Remove the band-aid over the site when you shower.
- You can leave the site uncovered or put a clean band-aid on it.
- Check the site each day for any more redness, bruising or swelling.
- Do not drive for 2 to 3 days.
- Do not exercise, run, or lift objects over 10 pounds or 4.5 kilograms for 3 days after the test.

**Call your doctor right away if you have:**

- Bleeding at the site that will not stop
- Sharp pain or stinging at the site
- Swelling, redness, more bruising, or tenderness at the site
- Drainage or warmth at the site
- Coldness or paleness of the foot or hand
- Problems moving your toes or fingers
- Numbness or weakness
- Fever or chills
- Confusion or you are less alert

If you have bleeding that will not stop or a lump that gets bigger at the site, **lie flat, hold pressure on the site and call 911.**

**Talk to the staff if you have any questions or concerns.**