

### **LEFT ATRIAL APPENDAGE CLOSURE DEVICE (LAAC)**

To prepare for the LAACD, there are several appointments that will need to be completed. The timing and sequence of this is very specific. Please read this instruction sheet carefully and follow the directions exactly. The Nurse Navigator will schedule all these for you.

#### **ATRIAL FIBRILLATION**

Atrial fibrillation is a heart condition in which the upper chambers of your heart beat too fast. This condition can cause blood to stagnate and form clot in an area of your heart called the left atrial appendage (LAA). The appendage is approximately the size of your thumb and looks like a small pouch on the top of your heart. If a clot forms, it can increase your chances of having a stroke or other related problems.

#### **ANTI-COAGULATION (“BLOOD THINNERS”)**

You will continue with your medication before the procedure and continue the medication until your physician determines that you no longer need to take the medication or that the medication may be changed.

### **LEFT ATRIAL APPENDAGE CLOSURE DEVICE (LAAC)**

The device is a permanent implant designed to keep harmful blood clots from entering your blood stream, which could potentially cause a stroke. It is placed in the left atrial appendage of your heart and will remain there permanently.

#### **BEFORE THE PROCEDURE**

After you and your doctor make the decision to have the device implanted, you will meet with the Scheduler. The following appointments will be scheduled and mailed to you:

- **TEE (Transesophageal Echocardiogram)**

This test will be scheduled at the time of the procedure and 45 days after the procedure. TEE images are used to evaluate the shape and size of your LAA. The measurements will help your doctor determine the size of the LAAC device. The required TEE after 45 days will help ensure that the device is in place and that your heart has healed. You will not be able to eat or drink anything 6 hours prior to the TEE. During the procedure, you will be under anesthesia and an ultrasound probe is inserted into your mouth and down the esophagus. Because the probe is placed near your heart, the TEE provides clear images of the heart chambers and the LAA. If your LAA is acceptable for Watchman we proceed to implantation.

- **LAAC IMPLANT**

The date and time of the procedure to place the LAAC device will be scheduled by the scheduler. The procedure will be scheduled on the day after the first TEE. The Nurse Navigator will also provide more information about this procedure in a separate instruction form.

*(Circle one)* **EP/CCL/Hybrid/OR LAB**

## LEFT ATRIAL APPENDAGE CLOSURE DEVICE (LAAC)

Procedure date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

Be sure to follow these guidelines to make sure your test will not be cancelled.  
*Please be prepared to stay overnight @ the hospital*

### PRE-PROCEDURE

#### ***DO NOT EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE THE PROCEDURE***

- ✓ You may take your pills according to your doctor's orders with a **sip of water.**
- ✓ ***A responsible adult must come with you to drive you home at the time of discharge. You will not be able to drive yourself home.***
- ✓ On the day of the procedure, if you are delayed, please call **561-434-0353**(Outpatient area).

### PERSONAL BELONGINGS

- ✓ Wear loose fitting clothing with slip on shoes.
- ✓ Pack a bag for an overnight stay in the hospital.
- ✓ ***We do not accept any responsibility for any lost or damaged items, please leave all valuables at home.***
- ✓ Reading items or music with headphones are allowed to help pass the time during sudden delays.
- ✓ **Please bring a current insurance card and photo ID.**

### FAMILY & FRIENDS

- ✓ Two people are allowed to stay with you before and after your test.
- ✓ The testing & waiting areas may be cool, a jacket or sweater is recommended.
- ✓ Children (under 18) **are not** allowed in any test area.

### ADDITIONAL INSTRUCTIONS:

**Bring a medication list/or your medications on the day of your procedure.**

**FOR YOUR SAFETY: If you are using a C-PAP or Bi-PAP at home, you must bring this with you!**

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## **DISCHARGE INSTRUCTIONS FOR THE LEFT ATRIAL APPENDAGE CLOSURE DEVICE**

These discharge instructions are provided for you to help answer and questions that you might have and as a guide until you are seen for a follow-up appointment. Our goal is to have you feel better and resume your daily activities.

- You may shower the day after the procedure.
- Your groin will generally have one access point. Some minor bruising is common at each site with minor soreness. If larger swelling or more significant pain occurs at the area, please contact the doctor's office.
- In the first few days after the procedure, you should take it easy. No heavy lifting (no more than 10 pounds) or heavy exertion.
- You will continue your anti-coagulation ("blood thinners"), please follow your doctors instructions for this medication.
- Your doctor will discuss other medications for you to take.

**You should call the doctor if you experience any of the following:**

- Fever
- General feeling of being unwell

**You should go to the Emergency Room at the hospital if you experience any of the following:**

- Increasing chest pain
- Rapid heartbeats
- Shortness of breath
- High fever
- Any symptom such as numbness, tingling, dizziness or double vision

# LEFT ATRIAL APPENDAGE CLOSURE DEVICE APPOINTMENT SCHEDULE

PATIENT: \_\_\_\_\_

## \*\*\*LEFT ATRIAL APPENDAGE CLOSURE DEVICE IMPLANT DATE/TEE

DATE: \_\_\_\_\_ ARRIVAL TIME: Hospital will determine

See instruction sheet in this packet for directions on the arrival and procedure requirements.

## \*\*\*FOLLOW-UP OFFICE APPOINTMENT (7-10 DAYS AFTER THE PROCEDURE):

Report to: Florida Electrophysiology 180 JFK Drive Ste 311 Atlantis Fl 33484

\*\*\*\*\*DO NOT STOP COUMADIN\*\*\*\*\*

DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

*If this appointment is not convenient, you may call (561)434-0353 to reschedule*

## \*\*\*TEE (Transesophageal Echocardiogram)

### 2<sup>nd</sup> TEE APPOINTMENT: 45 DAYS AFTER THE PROCEDURE:

JFK medical center will call you with time and facility to report to. You will receive sedation for this procedure, so you must have a driver to take you home. It is the policy of the Echo Department that the driver stay in the department during the TEE. Please remember not to eat or drink anything 6 hours prior to this procedure. You may take your medication with a sip of water.

DATE: \_\_\_\_\_ ARRIVAL TIME: Hospital will determine