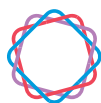


YOUR GUIDE TO

# Direct Current Cardioversion (DCCV)



**IntraCare**

Electrophysiology



IntraCare's angiography suite

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# About this procedure

This guide provides information about a direct current cardioversion (DCCV) procedure. It includes details about what is involved, how to prepare and what to expect during and after the procedure. Please use this in addition to information from your doctor and nurse.

A direct current cardioversion (DCCV) is performed in a procedure room or angiography suite at IntraCare in Epsom or North Harbour. Your cardiologist will be assisted by our team of nurses and other highly skilled personnel.

## What is a direct current cardioversion?

A DCCV procedure is performed to correct rhythm abnormalities of the heart. It is necessary if your heartbeat is very fast or irregular. During a DCCV, a controlled electrical shock is passed through the heart to restore it to a normal rhythm.

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# Before your procedure

## Pre procedure phone call

A nurse from IntraCare will call you 24–48 hours prior to your procedure to discuss the following information:

- Your admission time.
- When you should stop eating and drinking.
- Medication instructions.
- Allergies (including medications, dressings/plasters and food).
- Answer any further questions.

## Fasting Instructions

To ensure your safety during the procedure, it is important that you follow the fasting guidelines below:

Food – **Stop 6 hours prior** to procedure. Do not consume any of the following within 6 hours of your planned procedure time:

- Solid food
- Milk-based products
- Soluble fibre
- Jelly

Fluids – Clear (transparent) fluids are encouraged up to **2 hours before** your planned procedure time. These include:

- Water
- Clear juices
- Cordials
- Black tea or coffee

Avoid fluids containing milk, pulp, or jelly.

Sip-Til-Send (STS) Protocol\*

- Unless advised otherwise, you can sip up to **200ml of water per hour** in the 2 hours before your planned procedure time.

\* Your nurse will confirm during your pre-procedure phone call whether this protocol is suitable for you.

## Anticoagulation (blood thinner)

You will be prescribed a blood thinning medication by your cardiologist prior to the procedure, if you are not taking one already e.g. Dabigatran (Pradaxa), Rivaroxaban, Warfarin or Clexane. **It is very important to NOT miss any doses of your blood thinner for at least 3 weeks prior to your cardioversion procedure.** Please contact IntraCare if you have any questions about this.

## Other regular medications

Please continue to take these unless advised otherwise by your cardiologist. If you are taking a diuretic or water pills (e.g. frusemide, spironolactone), you may need to withhold this on the morning of the procedure. It is important that you let us know if you are taking the following medications: Liraglutide (Victoza™, Saxenda™) Dulaglutide (Trulicity™), Semaglutide (Ozempic™, Wegovy™), Tirzepatide (Mounjaro™).

## Reminders for the day of your procedure

- If you are on regular medication, please bring this with you in its original packaging.
- Please leave all your jewellery and valuables at home. You are welcome to bring your mobile phone in with you.
- We recommend wearing loose-fitting clothing and shoes that are easy to slip on/off.
- You are encouraged to bring a friend or a family member as a support person before and after your procedure.
- The planned procedure time is an estimate only and may vary. We will keep you informed of any unexpected delays on the day.

## Informed consent

As with any procedure, there are potential risks involved. Your cardiologist and anaesthetist will explain the procedure, discuss possible risks and answer any questions you may have. Your whānau or support person are welcome to be part of this discussion. You will then be asked to sign the consent form. This will occur either at an earlier appointment, or on the day of your procedure.

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# Your procedure

A DCCV is performed under a short general anaesthetic and usually takes 15–30 minutes.

## Preparation

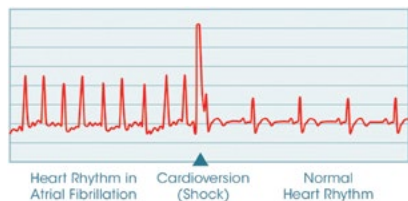
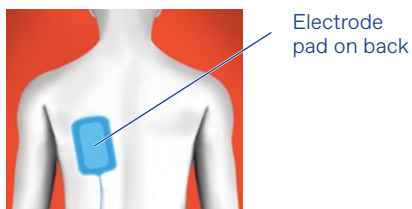
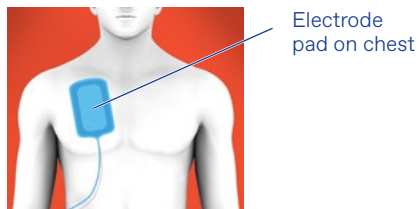
Once you are in the procedure room, a small intravenous needle (IV line) will be inserted into a vein in your arm. This will be used to administer medication to help you relax and to keep you comfortable during the procedure.

Several adhesive patches, small and large will be placed on your back and chest for monitoring. If necessary, we may need to remove hair with clippers to ensure optimal adhesion. Other devices for monitoring blood pressure, heart rate and oxygen levels will be fitted to ensure your safety during the procedure.

## The procedure

To ensure your safety, monitoring equipment for blood pressure, heart rate, heart rhythm and oxygen levels will be attached to you. An electrode pad will be placed on your chest and back. Following this, you will be given a short general anaesthetic by an anaesthetist.

Once you are safely asleep, a controlled electrical shock will be passed through your heart via the electrode pads to restore it back to a normal rhythm. The procedure only takes a few minutes, and you will not feel any pain or discomfort. You will be woken up and transferred to the recovery area.



ECG before and after DCCV

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# After your procedure

You will be taken to the recovery area, where the nursing team will monitor your progress. If appropriate, you will be discharged home after 1.5–2 hours.

## Going home and recovery

- Following your procedure, it is important that you **do not drive for 24 hours**. Please ensure you have a family member or friend to drive you home from the hospital, as you may still be under the effects of anaesthesia or sedation.
- Please arrange someone to stay the night with you at home after your procedure to support your recovery.
- Due to the short general anaesthetic, you may feel lethargic afterwards with reduced concentration. For this reason, for 24 hours after your procedure it is important you:
  - Do not make any legal decisions or sign legal documents.
  - Do not do any activity requiring strength, concentration, or full alertness for the rest of the day.
- We advise you not to return to work for the day of your procedure.
- You may resume normal activity the following day.
- It is common for the skin on your chest to appear red after the procedure. Please apply the Flamazine ointment provided by IntraCare 2–3 times a day. If the redness does not improve after a few days, please feel free to contact us.

## Call your doctor if you experience any of the following:

- A recurrence of symptoms you had prior to the procedure.
- Return of irregular heartbeat or erratic pulse.

Please take this booklet and your discharge summary with you if visiting the GP, afterhours or hospital.

**If you have any concerns after your procedure, please contact IntraCare:  
Monday to Friday: 09 630 1961 (between 6:30am and 6:00pm).  
For after-hours, weekends, and public holidays, contact 027 482 0763.**

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# How to find us

## IntraCare Epsom

**When you arrive, please report to the Allevia Hospital Admissions Lounge (2 on the map).**

Directions to the Admissions Lounge:

- From the Level 1 Carpark – Walk across the footbridge towards the main reception. Take the Yellow Lift to Level 2. The Admissions Lounge will be on your right as you exit the lift.
- From the Ground Floor Carpark – Follow the blue walkway to the Yellow Lift and take it to Level 2. The Admissions Lounge will be on your right as you exit the lift.

98 Mountain Rd, Epsom, Auckland 1023

P: +64 9 630 1961 (Monday to Friday 6:30am–6:00pm)

P: +64 27 482 0763 (after hours, weekends and public holidays)

E: [admin@intracare.co.nz](mailto:admin@intracare.co.nz)

W: [intracare.co.nz](http://intracare.co.nz)

## Where to park

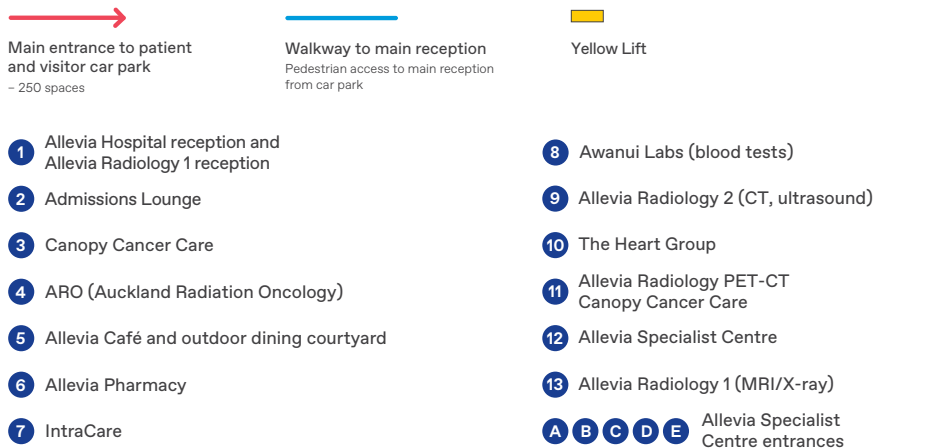
A 10 minute patient ‘drop off zone’ is available on the level 1 carpark. Head up the ramp as you enter the carpark from the Main Entrance (Gate 1) on Mountain Road.

The first 30 minutes are free and apply only once the vehicle licence plate number has been entered into a payment terminal. Patient parking is available on all levels of the car park. Parking limits apply, and parking spaces are marked (P90, P180, and All Day Parking).

The Allevia Hospital parking is managed by a separate company, and a fine may be issued if your vehicle breaches any of the parking terms and conditions.

There is free 120 minute parking available nearby on Mountain Road, Gilgit Road and Almorah Road after 9am.





## IntraCare North Harbour

When you arrive, please report directly to the **IntraCare reception desk** on the ground floor of the Northern Clinic of the Southern Cross Hospital.

IntraCare North Harbour  
Southern Cross Hospital, Ground  
Floor, Northern Clinic  
Entry A, 212 Wairau Rd, Wairau Valley,  
Auckland 0627

P: +64 9 630 1961 (Monday to Friday  
6:30am–6:00pm)

P: +64 27 482 0763 (after hours,  
weekends and public holidays)

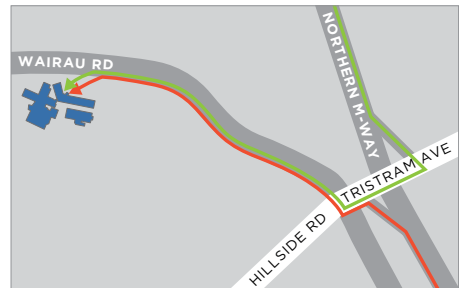
E: [admin@intracare.co.nz](mailto:admin@intracare.co.nz)

W: [intracare.co.nz](http://intracare.co.nz)



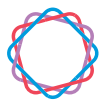
## Where to park

Free parking is available either directly outside the Northern Clinic or in the main carpark (down the short ramp past the Northern Clinic). Enter through Entry A off Wairau Road.



### Key:

- Northbound motorway traffic
- Southbound motorway traffic



# IntraCare

Intra Limited

E: [admin@intracare.co.nz](mailto:admin@intracare.co.nz)

W: [intracare.co.nz](http://intracare.co.nz)

P: +64 9 630 1961 (Monday to Friday 6:30am–6:00pm)

P: +64 27 482 0763 (after hours, weekends and public holidays)