

My AF Plan

Atrial fibrillation (AF) is the most common heart rhythm problem. AF is caused by fast and irregular electrical signals in your heart. Your doctor or advanced practice provider (APP) can treat this at home by using your “My AF Plan.” “My AF Plan” is your own plan to deal with AF as needed. Your plan tells you when to take medicines if your heart rate is fast, or you have symptoms from AF.

Your AF medicines are:

Rate and Rhythm

1. _____

2. _____

Blood Thinner

1. _____

A	Check your pulse. Write your heart rate here _____ beats per minute (bpm).
B	<p>If your heart rate is less than 110 bpm and If you are not short of breath and have no chest pain, then:</p> <ul style="list-style-type: none"> Take your daily medicines as ordered to lower your risk of stroke <p>If your heart rate is more than 110 bpm then:</p> <ul style="list-style-type: none"> Take your daily medicines as ordered and add this medicine: _____ Call the Atrium Health Sanger Heart & Vascular Institute office on the next business day to ask any questions.
C	If you are still short of breath and have chest pain after you take your medicine, call the office to speak with a nurse. Our nurses can be reached 24 hours a day, 7 days a week. The nurse will ask you about your symptoms and tell your healthcare team. You may have to come into the office to be seen.

Contact Numbers:

Sanger Heart & Vascular Institute - Kenilworth: 704-373-0212

Sanger Heart & Vascular Institute - Cabarrus: 704-403-6100

Sanger Heart & Vascular Institute - Pineville: 704-667-3840

Healthcare Provider's Signature: _____ Date: _____

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-821-1535.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-821-1535.