

Date and Time of AFIB appointment:

Dr/Cardiologist/EP: Name: Phone/Email of Dr:

Questions your doctor may ask you.	
Any family heart history?	
When did symptoms start?	
Do you know your regular pulse rate?	
What was your highest/lowest pulse rate?	
How long does an AFIB attack last?	
List of medication, chronic and acute.	
Does AFIB come after caffeine (coffee/sports drink/energy drink) intake?	
Does the AFIB come after alcohol intake?	
Any major stresses in your life	
Describe what your AFIB attack feels like?	
Questions to ask your doctor.	
What is causing my symptoms/condition?	
Are there any restrictions, dietary, exercise or other that I need to know of.	
What level of physical activity should I take part in?	
I have other health conditions. How must I manage them?	
What type of treatment is best for my situation. Rate or Rhythm control?	
If you smoke, are obese, have high blood pressure or suffer from sleep apnoea, inform your doctor, and ask his opinion.	
What is my CHADS2-VASc score, and what is my risk of stroke?	
If I need to take medicine, what are the alternatives and side effects?	
I want more information: Websites to visit?	
Can dehydration cause AFIB, or be a trigger? "Holiday Heart Syndrome"	
3 Things I can do right now?	
Eat right!	
Drink right!	
Stress Less, breathe in deep, relax! You can win this! Tell me how.	