

I Have A-Fib: Now What?

Let Sutter Health help you find the right doctors to treat your A-Fib.

Step 1 – Find a Cardiologist

The first step is to have your primary care physician give you a referral to a cardiologist who may perform tests to obtain a diagnosis.

- Go to thedoctorforyou.com/sacsierra and select a cardiologist
- Call your insurance company to ask if you need a referral to see a specialist and make sure that the cardiologist you selected accepts your insurance
- Call the doctor's office to confirm insurance acceptance and schedule an appointment.

Step 2 – Get a Diagnosis

Your cardiologist may perform diagnostic tests, including:

- Electrocardiogram (ECG) - record of heart's electric activity
- Exercise ECG test - heart stress test on a treadmill
- Echocardiogram - picture of heart using sound waves
- Holter Monitoring - portable device for continuously monitoring electrical activity

Your cardiologist will confirm diagnosis upon review and analysis of these tests.

Step 3 – Treatment Plan

You and your cardiologist will determine the best course of action for treating your A-Fib.

Your cardiologist may refer you to an electrophysiologist to further determine your course of treatment. You may also need a cardiothoracic surgeon if surgical intervention is indicated. To select a Sutter electrophysiologist or a cardiothoracic surgeon, repeat step 1 above.

For assistance in finding a specialist at any time during your diagnosis or treatment, please call us at (800) 4-SUTTER or go to thedoctorforyou.com/sacsierra.