



# Atrial Fibrillation (AFib): What to Know After Rehab

Information for residents and families going home.

## What Is Atrial Fibrillation (AFib)?

AFib is a heart condition where the heart beats in an uneven way.

- The heart may beat fast, slow, or irregularly
- AFib can happen all the time or come and go
- Many people live well with AFib when it is treated



## Common Signs and Symptoms

Some people may not feel symptoms.

- Feeling a fast or fluttering heartbeat
- Shortness of breath
- Feeling tired or weak
- Dizziness or lightheadedness
- Chest discomfort

## Why Managing AFib is Important

Treating AFib helps:

- Keep your heart beating more regularly
- Reduce symptoms
- Lower the risk of blood clots and stroke



## Medicines You May Be Taking

You may go home with medicines to help manage AFib.

**Blood thinners**– help lower the risk of stroke

Examples: Apixaban, Rivaroxaban, Warfarin  
(Brand name may differ)

**Heart medicines**–help control heart rate or rhythm

Many heart medicines end in: **-ol or -one**  
(Examples: metoprolol, amiodarone)

## Important Safety Tips

- Take your medicines exactly as prescribed
- Do not stop medicines without calling your doctor
- Call your doctor if you notice bleeding or side effects

## When to Call for Help

Call your doctor or healthcare provider if you notice:

- More shortness of breath than usual
- New or worsening dizziness
- Fast or irregular heartbeat that does not go away
- Problems or side effects from medicines

Call 911 right away if you have:

- Chest pain
- Sudden weakness or numbness
- Trouble speaking or understanding speech
- Fainting or collapse

## Caring for Yourself at Home

- Stay active as recommended by your care team
- Get plenty of rest
- Limit caffeine or alcohol if advised
- Manage stress
- Keep all follow-up appointments
- Check your heart rate or blood pressure if instructed

## Quick Check Before Follow-Up

- Do you know when to take your medicines?
- Do you know who to call with questions?
- Do you know when your next appointment is?

## Questions or Concerns?

Call your healthcare provider or cardiology team.

This handout is for education only and does not replace medical advice.