

Atrial fibrillation (AFib)

AFib is an irregular rhythm in the upper heart chambers. It can come and go or become persistent. Treatment controls symptoms, protects against stroke, and helps manage the rhythm.

Everyday care

- Take prescribed medicines consistently. Do not stop a blood thinner because your rhythm feels normal.
- Keep follow-up appointments and discuss rhythm control with your care team.
- Record episodes and symptoms; do not delay medical care to capture a watch recording.

When to contact your care team

Contact your care team for new or longer episodes, worsening fatigue, reduced activity, medication side effects, or bleeding concerns.

When to call 911

Call 911 for chest pressure, severe trouble breathing, fainting during a racing heartbeat, or stroke signs such as face drooping, arm weakness, or trouble speaking. Do not drive yourself.

Questions for your next visit

Do I need stroke protection? / What is my rhythm-control plan? / When should I call about an episode?

Care team/contact: _____ Next visit: _____

[Read the full patient guide online](#)

This summary supports your personal care plan. Medication and activity instructions may differ.