

Premature beats (PACs & PVCs)

Premature beats are early heartbeats. PACs begin in an upper chamber; PVCs begin in a lower chamber. A skipped beat or thump can occur. Symptoms alone do not reveal how many early beats you have.

Everyday care

- Keep a brief symptom log and share any EKG recordings with your care team.
- Support sleep, appropriate hydration, and avoidance of tobacco or recreational stimulants.
- Keep planned monitoring and follow-up; frequent PVCs sometimes need treatment.

When to contact your care team

Contact your care team for new or increasingly frequent palpitations, reduced activity, or troublesome symptoms.

When to call 911

Call 911 for chest pressure, severe trouble breathing, fainting, or severe dizziness with palpitations. Do not drive yourself.

Questions for your next visit

How frequent are my early beats? / Is my heart function normal? / Do I need monitoring or treatment?

Care team/contact: _____ Next visit: _____

[Read the full patient guide online](#)

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