

# Atrial flutter

Flutter is a fast, organized rhythm in an upper heart chamber. It can raise stroke risk. Treatment addresses stroke protection, heart rate, and rhythm; catheter ablation is often an option.

## Everyday care

- Take medicines as prescribed, including stroke-prevention medicine when indicated.
- Discuss the type of flutter and ablation options with your heart specialist.
- Keep follow-up even after treatment; AFib can also occur.

## When to contact your care team

Contact your care team for recurrent racing, worsening fatigue, reduced activity, or medication and bleeding concerns.

## When to call 911

**Call 911 for chest pressure, severe trouble breathing, fainting during a racing heartbeat, or stroke signs. Do not drive yourself.**

## Questions for your next visit

Is my flutter typical or atypical? / Do I need a blood thinner? / Could ablation help me?

Care team/contact: \_\_\_\_\_ Next visit: \_\_\_\_\_

[Read the full patient guide online](#)

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