

My name is Peter and I am 64 years old, I had my first bout of AF 15 years ago. Three times within six months, each time I was hospitalised. The first time took 36 hours to come back into rhythm, the second 24 hours and the third 15 hours. I was under a lot of stress at that time but recovered. I had mini bouts of AF e.g. minutes of rapid beats and some periods of missing beats over the following years with stress tests showing nil. I keep very active with sport.

12 months ago I was again hospitalised, where I was given 100mls of Flecainide and recovered overnight. I was sent home on 100mls Flecainide bd and 5mls of Bior.

I reduced the dose to 1/6<sup>th</sup> tab of Flecainide, 16.6mls bd and 1.25mls Bior bd. I was experimenting with the drugs because of side effects, which included headaches, cold feet, bad phlegm upon waking and tinnitus. My condition deteriorated and I am now taking 100mls of Flecainide bd and nil Bior. I found that the Bior was causing the headaches.

I am allergic to chocolate, strong cheese, chilli and I have not consumed coffee for 12 months. I recently ate out and had chicken schnitzel with wedges – a bad idea!! At 12.30am I drove to hospital, however I did not go in. Instead I drove home where I took an extra 100mls of Flecainide then went to bed. At 5.30am, I was back in rhythm. What do they put in this rubbish? Even when my rhythm is good sometimes my heart feels like the beat is a little fuzzy.