

Brugada Syndrome

Other Substances: Alcohol (toxicity), Cocaine, Diphenhydramine, Terfenadine/Fexofenadine

- * The use of Lidocaine injection as a local anesthetic in conjugation with adrenaline by dentists is considered safe as the amount administered is small and its action is localized to the oral cavity
- * * The use of beta-blockers is suitable when antagonizing the bradycardia effect is ensured by a pacemaker or implantable cardioverter defibrillator (ICD)
- Moreover, in case of high fever, close electrocardiographic (ECG) monitoring is warranted in combination with the use of Paracetamol/Acetaminophen as an anti-pyretic to lower the body temperature
- Once a family member is identified with Brugada Syndrome, it is extremely important that other family members also be tested for this syndrome as the disease is known to be an inherited disorder
- Disclaimer: The absence of a certain drug in this list does NOT exclude a particular harmful effect due to the use of that drug in this patient. Therefore, kindly visit <http://www.brugadadrugs.org> for the most updated recommendations on drug usage in patients with Brugada Syndrome.



Patient and Family Education

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Brugada Syndrome

Brugada Syndrome is an inherited disease that results in a disturbance of the heart's electrical system in conjunction with an increased risk of arrhythmias (fast heart rhythms) and at times can lead to sudden cardiac arrest

Adherence to the following lifestyle changes is recommended in people diagnosed with Brugada Syndrome to prevent arrhythmias:

- Immediate treatment of fever with Paracetamol
- Avoidance of excess intake of alcohol
- Avoidance of cocaine use
- Adequate hydration throughout the day
- Avoidance of prolonged exposure to the sun and ensure adequate hydration with water when in the sun
- Maintenance of a balanced potassium diet by maintaining a consistent intake of foods rich in potassium, including spinach, yogurt, banana, dates, tomatoes, potato, beans, beet greens and fish
- Avoidance of medications that induce arrhythmias in people with diagnosed Brugada Syndrome; including anti-arrhythmic medications, anti-depressants, for more examples visit www.brugadadrugs.org



Kindly provide the following paper (page 2) to all healthcare providers you visit.

Referecnes:

- Priori S et al. 2013. HRS/EHRA/APHRS Expert Consensus Statement on the Diagnosis and Management of Patients with Inherited Primary Arrhythmia Syndromes. Heart Rhythm. 2013 Dec;10(12):1932-63.
- Wylie J, Garlitski A. 2016. Brugada Syndrome. Up-To-Date.
- Brugada Syndrome: A Guide for Patients and Health Care Providers. 2010. SADS Foundation.
- Safe drug use and the Brugada Syndrome. Available at <http://www.brugadadrugs.org>

Dear Colleague,

Mr./Ms., is diagnosed with Brugada Syndrome and hence, he/she is advised NOT to use the following medications as the use of these medications might induce a Brugada-like pattern on the Echocardiogram (ECG):

Anti-arrhythmic drugs:

- Class 1a: Procainamide, Disopyramide, Ajmaline
- Class 1b: Lidocaine*
- Class 1c: Flecainide, Propafenone
- Potassium Channel Blockers: Amiodarone
- Calcium Channel Blockers: Verapamil
- Beta-Blockers: Propranolol**

Psychotropic drugs:

- Tricyclic Anti-Depressants: Amitriptyline, Clomipramine, Nortriptyline
- Phenothiazines: Perphenazine
- Selective Serotonin Reuptake Inhibitors: Fluoxetine, Paroxetine

Anesthetics / analgesics: Bupivacaine, Procaine, Propofol, Tramadol