

## VAGAL MANEUVERS

**INDICATIONS:** The termination of a narrow complex regular tachycardia (HR > 150 bpm) in a stable patient.

### GENERAL PATIENT PREPARATION:

1. Identify and treat the underlying cause.
2. Attach cardiac monitor and prepare to capture cardioversion.
3. Place the patient supine and/or in Trendelenburg position.
4. Provide supplemental oxygen if needed to maintain SpO<sub>2</sub> of 94%–99%.
5. Establish IV access and, if volume depletion suspected and there are no contraindications, administer 250–500 ml fluid challenge.

### TECHNIQUES:\*

1. Have the patient take a deep breath and bear down as if attempting to force a bowel movement with mouth and nose closed.
2. Have the patient take a deep breath and force an exhale through the barrel of a 10 mL syringe.
3. Apply an ice-cold wet towel thoroughly to the face.

\* A combination of these techniques, such as bearing down or exhaling through a syringe may be more effective and may also enhance the effectiveness of adenosine if repeated administration of that medication is indicated.