

Treatment for Premature Ventricular Contractions (PVCs)



Premature ventricular contractions (PVCs) are a type of abnormal heartbeat (arrhythmia). They are very common. They can occur in people of all ages from time to time. They usually cause no symptoms or only mild symptoms.

Types of treatment

Most people with PVCs don't need any treatment. If you are treated for another problem with your heart, such as heart disease or heart failure, your PVCs may decrease. For example, you might take a medicine to lower your blood pressure. This may lower your rate of PVCs.

In some cases, specific treatment may be done to help prevent PVCs. These are used only if you have symptoms from PVCs. Choices include:

- Identifying and reducing or eliminating correctable causes or triggers. This will be done prior to initiating therapy.
- Medicines called beta-blockers or calcium channel blockers
- Other medicines to help prevent arrhythmias
- Catheter ablation, a procedure to destroy the cells in the heart causing the abnormal beats

Living with PVCs

Your healthcare provider may give you more instructions about how to manage your PVCs, such as:

- Eat a heart-healthy diet.
- Get enough exercise.
- Maintain a healthy weight.
- Don't drink too much alcohol or caffeine, which can trigger PVCs.
- Learn to manage stress and fatigue, which can also trigger PVCs.
- Get treatment for your other health conditions, such as high blood pressure.
- Make sure to keep all your medical appointments.
- Check with your healthcare provider before taking any non-prescribed medicines, including herbs, supplements, and recreational drugs, which can over-excite the heart and trigger PVCs.

When to call your healthcare provider

Call your healthcare provider right away if you have any of these:

- Symptoms that get worse over time
- Severe symptoms such as chest pain, near-fainting, fainting, or sudden shortness of breath
- Sustained palpitations

© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions
This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.