


No Need to Give up Coffee after Cardioversion

It is commonly believed that caffeinated coffee has a proarrhythmic effect. A prospective, open-label, randomized study investigated whether caffeinated coffee has an influence on recurrent atrial fibrillation compared to abstinence from coffee and caffeine. The study involved 200 coffee-drinking adults or former coffee drinkers with persistent atrial fibrillation or atrial flutter with a history of atrial fibrillation who were scheduled for cardioversion. After cardioversion, patients were instructed to either drink at least one cup of coffee per day (n = 100) or to abstain completely from coffee (including decaffeinated coffee) and caffeine (n = 100) for six months. The primary endpoint of the study was the clinically confirmed recurrence of atrial fibrillation or atrial flutter over a period of six months.

Contrary to expectations, the recurrence rate in the coffee-consuming group was lower than in the abstinence group (47 vs. 64%), with a significant risk reduction of 39%, especially for atrial fibrillation. A cup of coffee after cardioversion is therefore not harmful and does not need to be discouraged. No significant difference in adverse events was observed. **vh** 

Source: Wong CX et al.: Caffeinated Coffee Consumption or Abstinence to Reduce Atrial Fibrillation: The DECAF Randomised Clinical Trial. JAMA. 9 November 2025:e2521056. doi:10.1001/jama.2025.21056