

# Dean & St♥Mary's Cardiac Center

## **Cardiac Catheterization with Possible Intervention**

Thank you for choosing St. Mary's for your health care. Our goal is to make your stay as informed, pleasant and comfortable as possible. To help you prepare for your admission, we encourage you to read this handout and watch the cardiac catheterization DVD. Research shows that well-informed and prepared patients have less anxiety and a quicker recovery. There are many other resources available but we ask that you follow the instructions on this handout which were developed for St. Mary's patients.

### **Please call us before your procedure if you:**

- become ill within 48 hours of your scheduled procedure.
- cannot make it to your procedure on time.
- have questions or concerns.

**Call: (608)258-6856**

**Monday – Friday 5:00 a.m. to 8:00p.m**

**After Hours and on Weekends**

**Call: (608) 251-6100**

**Ask to speak with the Nursing Supervisor.**

### **What is a Cardiac Catheterization?**

A Cardiac Catheterization is also called a “heart cath”. A long, thin flexible tube (catheter) is put into an artery and possibly a vein in your groin and guided to your heart. Once the cardiac catheter is in place, an x-ray machine takes pictures of your heart.

### **Why do you need a cardiac catheterization?**

You may have had signs and symptoms indicating a possible heart problem.

You may have had an abnormal finding on one or more of your tests.

Your doctor will be looking for possible heart problems related to:

- ♥ The way your heart pumps.
- ♥ How the heart valves open and close.
- ♥ Your blood vessels (coronary arteries) that supply blood to your heart.

## Preparing For your Procedure

This handout and supporting materials can be found on the St.Mary's website.

The website includes :

- These instructions titled, Cardiac Catheterization with Possible Intervention.
- A Cardiac Catheterization 15 minute DVD.
- How to Complete a Power of Attorney for Healthcare 10 minute DVD.
- Advance Medical Directive: Power of Attorney for Healthcare information booklet and forms.
- St. Mary's Patient Rights and Responsibilities
- Directions to St. Mary's and parking information.

If you **have a computer with internet access**, log into your internet:

1. Type in our website address, [www.stmarysmadison.com/cardiac](http://www.stmarysmadison.com/cardiac)
2. Click on, "Patient Instructions" located in the small box on the right.
3. Locate, "Cardiac Catheterization" under Cardiac Procedures.

-OR-

If you **do not have a computer or internet access** then:

1. Finish reading this handout.
2. Tell our staff when they call that you did not view the videos online.

### Before your procedure

- ♥ Read this handout.
- ♥ View the Cardiac Cath DVD if available.
- ♥ Review the Patient Rights and Responsibilities.
- ♥ Bring a copy of your Advance Directive if you have one completed. If you don't have an Advanced Directive and would like more information may want to:
  - View our online DVD, How to Complete a Power of Attorney for Healthcare.
  - View the online booklet, Advance Medical Directives that includes forms.
  - Attend a free public seminar at St. Mary's every Monday at 12:30 p.m.to learn about and fill out an Advance Directives form. Registration is not necessary, check at the Information Desk for the room location. For more information, call Patient and Family Services at 608-258-6561.
- ♥ If you take Coumadin (Warfarin), stop taking this medication **three days** before your procedure (unless told differently).
- ♥ If you take Viagra, Levitra or Cialis, do not use 48 hours before your admission.
- ♥ Arrange to have someone drive you to and from the hospital. You may not drive after the procedure.
- ♥ Come prepared to inform us of any preferences in your care including food, family visitation, and prayer.
- ♥ In the event that you may spend the night, bring personal care items that you may need. If you stay overnight, plan to go home by noon, the day of discharge.

- ♥ You will receive two phone calls from St. Mary's Hospital.  
The first call will be 48 hours prior to your procedure for a medical history interview. Please allow 10 minutes for this call. During this call, tell us if you:
  - ♥ Have an iodine allergy.
  - ♥ Have a latex allergy.
  - ♥ Have a contrast (dye) allergy.
  - ♥ Are possibly pregnant.
  - ♥ Have any bleeding problems.

#### **Day before your procedure:**

- ♥ The second phone call is from the Cardiac Catheterization staff the day before your admission (Friday afternoon if a Monday admission) to inform you when to arrive at St. Mary's and to review your medication instructions.
- ♥ If you do not receive our call, plan to arrive at 6 a.m.
- ♥ Do not eat solid food after midnight the evening before your procedure. You may drink clear liquids up to **4 hours** before you arrival time. Clear liquids are:
  - Water
  - Clear soda
  - Apple juice.

The Cardiology Department would like you to be aware that we are unable to give you a specific start time for your procedure. Each procedure varies in length and unplanned emergency procedures could effect your start time.

#### **Day of your procedure:**

- ♥ Take your medications as instructed during your pre-procedure phone call.
- ♥ Bring all your medications including any over-the-counter medications, inhalers, herbs, etc., that you are presently taking, in their **original** containers. This will help update your records.
- ♥ Bring your Bipap/Cpap machine if you use one.
- ♥ Shower the morning of your procedure with an antiseptic soap. These soaps may be purchased over-the-counter.
- ♥ Dress for comfort, such as in a sweat suit or other leisurewear.
- ♥ Remove all nail polish and cosmetics before coming to the hospital. Do not wear contact lens until after the procedure.

- ♥ Bring your insurance cards, photo I.D., your Advance Medical Directive, Durable Power of Attorney for Health Care, and/or Living Will, if you have one completed.
- ♥ Leave all valuables at home including rings, watches and money.

#### **Coming to the hospital:**

- ♥ Valet parking is available at our main entrance on Brooks Street. This service is available from 5 a.m. to 10 p.m. daily. The valet attendant will park your vehicle and retrieve it when you are ready to leave. Parking information and directions to St. Mary's are available on our website.
- ♥ Once inside the Main Entrance, proceed to Patient Registration on your right, next to the Information Desk.
- ♥ After you register, you will be taken to your room in the Surgery and Procedure Center (SPC).

#### **Preparing for your procedure:**

- ♥ You will change into a hospital gown.
- ♥ A nurse will interview you and place an intravenous (IV) line in your arm.
- ♥ Blood tests and an Electrocardiogram (EKG) may be done.
- ♥ Your cardiologist and healthcare team will review the procedure with you. This will be a good time to ask questions and share any concerns.
- ♥ You will sign a consent form for the procedure if not already completed.
- ♥ You may be given medication to help you relax.
- ♥ You will be away from your room at least 1 ½ to 2 hours. Please remember it is common for times to vary depending on your procedure. We will ask your family to notify the nurse if they leave the area while you are gone.

#### **During your procedure**

- ♥ Upon arrival to the Cardiac Cath Lab, you will be moved from a stretcher to a table. You will lie flat on your back.
- ♥ Hair is clipped in the area where the cardiac catheter is inserted.
- ♥ Additional medication may be given to help you relax.
- ♥ The area where the cardiac catheter will be placed is numbed with medication.
- ♥ This procedure is not painful, but you may feel some pressure. Let your cath lab team know if you have any pain or discomfort.

- ♥ You will hear beeps and see monitor screens nearby. The x-ray camera will rotate around you.
- ♥ As contrast is injected into the cardiac catheter, a warm feeling may travel through your body. This may last for a few seconds.
- ♥ Your cardiologist (heart doctor) may decide, at this time, to do an angioplasty and/or insert a stent if you have narrowed/blocked heart arteries. This will increase and improve blood flow to your heart muscle. See below for more information about stents and angioplasty.

**Interventions you may have:**

**Angioplasty**

A small balloon is placed inside the narrowed/blocked artery. The balloon is inflated, which flattens the plaque and widens the opening in the artery. The balloon is then deflated and removed allowing the blood to flow to the heart muscle.

**Stent**

In addition to having an angioplasty your heart doctor may also insert a stent. A stent is a small, metal mesh tube that will stay in the artery permanently to help keep it open.

**After Your Cardiac Catheterization *without* Angioplasty/Stent**

- ♥ The cardiac catheter is removed and pressure is applied to the site to prevent bleeding.
- ♥ You will return to your room and remain on strict bed rest for 2-6 hours. During this time, the area where the cardiac catheter was placed cannot be moved. You will be able to eat, drink and watch TV.
- ♥ Your heart doctor reviews your test and talks to you and your family later that day.
- ♥ You will receive your discharge instructions from your nurse before going home.

**Additional Discharge instructions:**

- ♥ Go straight home and relax for the remainder of the day.
- ♥ If you received sedation:
  - ♥ Do not make any major or legal decisions and do not sign any legal documents for the next 24 hours.
  - ♥ We strongly suggest that another adult stay overnight with you for your comfort and safety.
  - ♥ Do not drive or operate hazardous machinery for the next 24 hours.
  - ♥ Do not have any alcohol or take any over-the-counter medications containing alcohol for 24 hours.

Once home, call the Dean Clinic at **608-252-8000**, if you have any concerns. This line is open 24 hours a day.

### **After Your Cardiac Catheterization *with* Angioplasty/Stent**

- ♥ You will spend the night in a monitored patient room.
- ♥ Your family and belongings will be taken to your new room.
- ♥ You will remain on strict bed rest until instructed by your nurse. Your nurse will let you know when you will be able to eat and drink.
- ♥ The cardiac catheter (sheath) will be left in place for several hours. This allows time for the blood thinning medication to wear off.
- ♥ After the blood thinning medication wears off, the cardiac catheter is removed. Pressure will be applied to the site to prevent bleeding.
- ♥ Your heart doctor will review your test and talk to you and your family later in the day.
- ♥ You will receive complete discharge instructions from your nurse.

### **Tobacco Free Campus**

For your health, we are a tobacco-free facility and campus. Thank you for not smoking or using tobacco products on hospital grounds. If you are interested in quitting smoking, the following resources are available to assist you:

- **Wisconsin Tobacco Quit Line: 1-877-270-STOP, [www.ctri.wisc.edu/quiteline](http://www.ctri.wisc.edu/quiteline)**
- **American Cancer Society: 1-800-ACS-2345, [www.cancer.org](http://www.cancer.org)**
- **American Lung Association: 1-800-LUNG-USA, [www.lungusa.org](http://www.lungusa.org)**
- **National Cancer Institute: 1-877-44U-QUIT, [www.cancer.gov](http://www.cancer.gov)**

Many other health care topics are available at:

[www.stmarysmadison.com](http://www.stmarysmadison.com)

[www.deancare.com](http://www.deancare.com)