

Dean & St. Mary's Cardiac Center

Thank you for choosing St. Mary's for your health care. Our goal is to make your stay as pleasant and comfortable as possible. 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.

Peripheral Procedure

Be at the Hospital Patient Registration Desk, A Level, on:

(day/date)

(time)

Call 608-258-6856 If:

- You cannot make it to your procedure on time.
- You have questions or concerns about the procedure.

What is it?

A Peripheral Intervention is a procedure which a long, thin flexible tube (catheter) is put into an artery in your groin and guided to the area of blockage. Once the catheter is in place, an x-ray machine will take pictures.

Why do you need a peripheral intervention?

You may have had signs and symptoms indicating decreased blood flow to your leg or kidneys.

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

Before your procedure:

- ♥ 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 home 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.

- ♥ Your procedure may require an overnight stay in the hospital. In the event that you may spend the night, bring a robe, non-skid footwear and personal care items (if you already have these items).

Day before your procedure:

- ♥ You will receive a call the day before with the time of arrival and instructions. Please tell us if you:
 - ♥ have an iodine allergy.
 - ♥ have a latex allergy.
 - ♥ have a contrast (dye) allergy.
 - ♥ are possibly pregnant.
 - ♥ have any bleeding problems.

- ♥ Do not eat or drink anything after midnight the evening before your procedure.

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 will delay your start time.

Day of your procedure:

- ♥ Do not take any medications **including**: insulin for diabetes, vitamins, herbals, **and/or** food supplements the day of your procedure unless told differently by your physician or in 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** container. This will help update your records.
- ♥ Bring your insurance cards, your Advanced Directives, Durable Power of Attorney for Health Care, and/or Living Will, if you have one completed.

Note: St. Mary's offers a free public seminar every Monday at 12:30 p.m. to learn about and fill out an Advanced Directives form. No registration is necessary, check at the Information Desk for the room location.

- ♥ Leave all valuables at home including rings, watches and money.
- ♥ After you register, you will be taken to your room in the Surgery and Procedure Center.

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 doctor and healthcare team will review the procedure with you. This will be a good time to ask questions and share any concerns that you may have.

- ♥ You will sign a consent form for the procedure.
- ♥ You may be given medication before the procedure that will help you relax and make you sleepy.
- ♥ You will be away from your room several 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.
- ♥ Any hair is clipped in the area where the catheters will be inserted.
- ♥ Additional IV medication can be given to help you relax. Some people prefer to be awake and others may sleep through part of or all of the procedure.
- ♥ The area where the 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 TV screens nearby. The x-ray camera will rotate around you.
- ♥ As contrast is injected into the catheter, a warm feeling may travel through your body. This may last for a few seconds.
- ♥ Your doctor may decide, at this time, to do an angioplasty and/or insert a stent if you have narrowed/blocked arteries. This will increase and improve blood flow through the area.

More information to follow about interventions.

Interventions:

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.

Stent

In addition to having an angioplasty your 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 peripheral procedure:

- ♥ The catheter is removed and pressure will be applied to the site to prevent bleeding.
- ♥ You will return to your room and remain on strict bedrest for 2-6 hours. During this time, the area where the catheter was placed cannot be moved. You will be able to eat, drink and watch TV
- ♥ Your doctor will review your test and talk to you and your family later in the day.
- ♥ You will receive complete instructions from your nurse.

Additional discharge instructions:

Due to the sedation you received:

- ♥ 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.

Go straight home and relax for the remainder of the day.

Call the Dean Clinic, 608-252-8000, if you have any concerns. This line is open 24 hours a day.

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.

Other resources are available to you at: www.stmarysmadison.com/cardiac

Then Click on “Patient Instructions”.